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Book Review . . .

PSYCHIATRY, THE CLERGY, AND PASTORAL COUNSELING

Editors: Dana L. Farnsworth, M.D. and Francis J. Braceland, M.D. Publisher: St. John's University Press, Collegeville, Minnesota xiii, 340 pp. 1969. \$6.50 in hardback, \$3.50 in paperback.

"Psychiatry, the Clergy and Pastoral Counseling" is a collection of 26 essays by 17 of the nation's outstanding psychiatrists, 4 of whom are Past Presidents of the American Psychiatric Association. Originally, these essays were lectures, in a slightly different form, given over a period of years at the psychiatric-pastoral workshops of the Institute of Mental Health at St. John's University, in Minnesota.

Each essay is a complete unit in itself, and can be read without reference to the others. However, there is a unity and an orderly arrangement binding all of them together so closely that they are rightly called chapters. All of the chapters contribute to the twofold purpose of the book as stated in the preface: . . . "(1) to furnish the clergyman or other counselor with a summary of basic knowledge about human beings and their quandries, and (2) to illustrate how a 15-year dialogue between clergymen and psychiatrists and psychologists was organized and maintained."

The first 5 chapters are more or less introductory. One of the best chapters in the book is in this section: chapter 3, on "Techniques of Pastoral Counseling".

Chapters 6 through 13 deal with problems of people in various age groups: children, adolescents, adults, the middle aged, the elderly, and the dying.

The next 10 chapters concern matters on which parishioners or their relatives seek help from the clergyman: depression, suicide, the paranoid parishioner, alcoholism, drugs, various aspects of sex, marriage counseling, and the unwed mother.

The last 3 chapters are in a different category and might be called miscellaneous. "Confidentiality" is of prime concern to

any counselor. Priests will note that confidentiality in counseling is not identical with the seal of the confessional.

"Schools of Psychotherapy" gives a brief but very good summary of the best known schools of contemporary psychotherapy. The final chapter, quite fittingly, is about "Community Mental Health and the Future of Pastoral Counseling".

If a clergyman were to ask me for the best book on pastoral counseling, without any hesitation I would reply that this is it. In the first place, the authors are among the best psychiatrists in the entire country. Then too, the editors have selected the subjects that the clergy at the St. John's workshops have asked about most frequently. The authors have not set themselves up as authorities on theology or even morality. But they have offered the benefits of psychiatric insights into the problems that are most frequently brought to the clergy.

One of the many things I liked about the book is that none of the authors ever forgot that he was writing for clergymen. They did not address them as though they thought clergymen would become psychotherapists or auxiliary psychiatrists.

While this is true, it is also true that others besides clergymen can benefit from this book: social workers, youth leaders, teachers, school counselors, and others.

The chapters are so short that they can be read at one sitting. The longest chapter is 22 pages. Most of the others are only half that long.

The hardback edition sells for \$6.50, but there is a paperback edition for only \$3.50.

Rev. Wilbur F. Wheeler