

## Book Reviews

### **Happy Parents Happy Kids**

By Terrence McClendon MA

Every now and then, an inspirational gem appears to guide parents in nurturing the development of their children. *Happy Parents Happy Kids—Words and Actions for Parents and Kids*, written by Terrence McClendon, MA, presents parenting issues from a unique perspective that offers guidance and encouragement to parents in their special work of forming children into responsible, balanced and mature individuals.

McClendon's work is far from the "shoulds" and "should nots" that underpin the usual ten commandments of good or successful parenting. Rather, this author invites a reflective and thoughtful approach that evokes positive responses from children as they begin learning basic life skills and engage in balanced meaning-making around the complexities they will encounter in their young lives. Through studying this easy-to-read book, parents are encouraged to reflect upon, and develop, new ways of communicating with their children, tapping into language that evokes positive responses from them.

Special emphasis is placed on useful techniques and strategies embedded in the way parents use this language of communication. This is known as the Neuro-Linguistic Programming approach that has a profound influence on stimulating an individual's awareness of what is heard, seen or felt, and then orienting one's responses according to each particular person's sensory orientations. Parents will learn new ways of intentionally 'knowing' their children, communicating with them as unique individuals, and discovering what works with each one. Practical application of McClendon's pointers will transform parenting, through the creation of a particular rapport and congruence with each child.

Above all, McClendon's book highlights the fact that being a parent involves far more than biological reproduction, the provision of nourishment and shelter, and general care of children. Parents (teachers, carers, and counsellors) will be stimulated to find new strategies that foster cooperation and maturity with those who are given into their care.

Reviewed by Teree Spencer

### **Human Values & Ethics in the Workplace**

By Glen Martin

Published by G. Martin, Sydney  
2007 ISBN 9780980404500 (pbk.).

This book asks a very important question: "***Is it possible in the current business environment to work and lead with integrity and values?***" As Permanent Chair of the Australian Counselling Association's Complaints Tribunal I was particularly interested in this question posed by Mr Martin.



In his introduction Mr Martin acknowledges that, "...many people do not believe it is possible to work ethically or with integrity." One would hope that the "many people" does not include many counsellors! However, I do know some who think they can walk a very delicate, and invisible, tightrope by treating their clients in session in a different manner from the way they treat them and others in the course of the business aspects of their practice. I do not personally believe this is really possible and therefore am glad that Mr Martin shows such people an ethical and integrity laden way forward that involves no such mental gymnastics!

As all such texts must, Mr Martin begins with an analysis of core human values. I say must because it is here, if anywhere, that we must go if we seek to develop what he calls "a framework for conduct". Mr Martin starts by determining five basic core values and then relates them to seven differing world views – examining the place of each value within each specific world view. Of course, no list of world views could hope to be exhaustive, nor could any one view encompass the entirety of any one person's outlook on life, however one can't help but feel that Mr Martin has done a good job here and much of what he says makes good sense.

Having established these core values and system of world views (which he sees as being evolutionary - much in the same way as occurs in Kohlberg's stages of moral development) he goes on to show how *understanding* these systems enables us to foster positive ethical behaviour in the workplace among both workers and employers.

All in all Mr Martin presents a very positive picture of what is not only possible but also practical and rewarding for those workplaces that take such an action plan on.

I do recommend this book for its valuable insights.

Reviewed by Adrian Hellwig

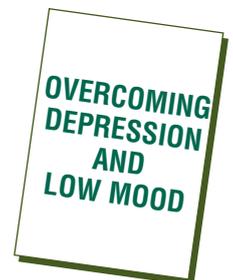
### **Overcoming Depression and Low Mood**

A five areas approach by Chris Williams

This book is full of key skills that teach you how to discover why you feel as you do, Key Skills that you can use to improve things. Self-help approaches are being used to help you overcome problems of Low Mood and Depression. This book has many self-help materials to show in many different ways. The resources in this book could be used for yourself, a family member needing to know more about Depression and Low Mood, or perhaps close friends.

Some things you can get out of reading these work books:

- Discover how you feel as you do
- Develop better problem solving skills
- Re-balance relationships by becoming more assertive



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