

## BOOK REVIEWS

### Counselling in Rehabilitation

William Stewart

Croom Helm Ltd 1985

William Stewart is a Senior Nurse at the Southampton School of Nursing. A graduate of the Open University, he received training in counselling at the universities of London and Southampton and has made a particular study of the use of counselling as a management skill.

This book was written for health-care workers who should, Stewart believes, all include a counselling component as an integral part of their work.

The philosophy on which it is based is expressed in the following definition:—

“Rehabilitation implies the restoration or maintenance of, or the improvement in, the physical, mental and emotional states of a person, of any age, suffering from the effects of congenital mishap, crippling disease, injury, accident or surgical intervention. The social needs of the individual, his family and the society of which the person is part, are crucial factors in the rehabilitation process which is concerned as much with preventing further deterioration of the condition as it is with alleviating the effects of the condition by appropriate treatment”.

Chapter headings include:— The Philosophy of Rehabilitation, The Philosophy of Counselling, The Practice of Counselling, Self-Awareness, Body Image, Disease and Pain, Stress in Surgery, Depression in Illness and Disability, Relatives as Carers, The Trauma of Sensory Loss etc.

There is nothing on the physical aspects of rehabilitative medicine, except where these cannot be separated from the psychological.

This is a rich, compassionate book, full of those droplets of wisdom which we recognise with a feeling of enlightenment and laden with remarks which we would like to store for use later, as quotes.

This book could prove to be of great value in the restoration of confidence in the ability of members of the medically-based professions to communicate effectively with their patients.

Patricia Cumpsty

### Conditioning for Sport (Rep 1984) (± R40,00)

Dr N. J. Whitehead

E. P. Sport, A + C Black (Publishers) Limited, 35 Bedford Row London WC 1R 4 JH

Die verskillende fasette van fiksheid in sport word ter inleiding verduidelik nl. cardio-respiratoriese uithouvermoë, sterkte en lenigheid van spiere en 'n kort beskrywing van spesifieke vaardighede. Opwarming word kortliks bespreek en 'n reeks lenigheidsoefeninge word

met fotos uitgebeeld. Die oefeninge toon geen begrip vir die moontlikheid van rugbeserings soos dikwels opgedoen deur atlete nie.

'n Beplanning van hardloopskedules word verduidelik en rondte-oefeninge word kortliks bespreek. 'n Series van versterkingsoefeninge word hierna bespreek en met fotos uitgebeeld. Dit dek die boonste en onderste ledemate en ook die abdominale spiere. Daar word meestal van gewigte gebruik gemaak. Daar word weereens nie rugversorging in gedagte gehou nie. 'n Sisteem word ook verduidelik ten opsigte van bepaling en die massa wat as weerstand gebruik word. 'n Beskrywing lig die gebruik van gesofistikeerde oefenapparaat se voor- en nadele uit. Die sielkundige aspek word bespreek ten opsigte van angsgevoel, aanmoediging, persoonlikheid en vordering.

Die boek bied interessante leesstof vir persone wat nie veel van sport of fiksheid weet nie, maar dit lig geen nuwe aspek toe nie.

Ingrid Marren

### Water Sports for the Disabled (± R65,00)

First Edition 1983

Water Sports Division: British Sports Association for the Disabled

E. P. Publishing Limited, Bradford Road East Ardsley, Wakefield, West Yorkshire, WF3 2JN England

Die boek is ingedeel in 26 hoofstukke met die eerste 4 as inleiding, keuse van sport en mediese agtergrondkennis oor o.a. neurologiese en fisiese probleme en hantering van o.a. epilepsie.

In die hoofstukke 5 tot 15 word verskeie sportsoorte deeglik bespreek (hengel, kanovaart, roei, seil, kus-seil, onderwater duik (sub-aqua) waterski, kragboot, model seil en swem).

In al die hoofstukke waar van apparaat gebruik gemaak word, word aanpassings van die benodighede duidelik met sketse uiteengesit. Spesifieke fisiese probleme word toegelig. Fotos om opleiding te toon, is baie duidelik en beskrywend.

'n Hele hoofstuk word onderskeidelik aan swem vir die gestremde en watersport vir die verstandelik gestremde gewei. Hier word riglyne gegee.

In die volgende hoofstukke word hipotermie, kleding en dryfhulpmiddels bespreek. Hoofstukke 20 - 25 handel oor meer praktiese probleme soos versekering, fasiliteite, organiseer van hulp, organisasie van kursusse en hantering van die gestremde. Die laaste hoofstuk handel oor die toekoms.

Alles inaggenome 'n uitstekende boek wat die leser oneindig praktiese hulp sal verleen en moontlik 'n persoon sal motiveer om water sport vir gestremdes plaaslik aan te pak.

Ingrid Marren