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# A thoughtful companion

**T**HE cliché when reviewing reference works is to start with the weight; in this case, 2.1 kilograms. Or since my kitchen scales necessitated some lateral thinking, it weighed 1 pound, 14 ounces, 750 grams and a half kilo bag of brown sugar. Other clichés describe the 1004 pages, the million words, the 313 contributors (127 new to the second edition), and the entries from Abacus, Abnormal and Abreaction to Zero Crossings, Zoetrope and Zombie. One also adds that no reviewer could possibly read the whole thing, but a random check

## *Supervision: Questions and Answers for Counsellors and Therapists*

MOIRA WALKER & MICHAEL JACOBS  
LONDON: WHURR; 2004; PB £17.50 (ISBN 1 86156 414 7)

REVIEWED BY **Rebecca Crook**

THE questions and answers in this book are set out from both the supervisor's and the supervisee's perspectives. They cover a range of theoretical and practical issues, and, perhaps most importantly for a new supervisor like me, address those dark fears about supervising for the first time!

Each question is outlined in the contents page, so it's easy to find an answer to your current most pressing concern. Questions, or issues, range from 'What are the different models of supervision?' to 'I am not sure how much I should allow a supervisee to present personal issues in supervision' and 'I am not very happy with the supervision I am receiving...'. It is therefore not just a one-off read prior to your trainee's arrival, but a handy reference guide for future dilemmas. As such, experienced supervisors could also find it useful, and it should probably be essential reading for the supervisee as a guide to how to 'do' supervision.

The answers to some questions do incorporate ideas from the literature, but as the authors themselves state, practical skills and the relationship receive far more attention. The text may not therefore suit those looking for an academic tome but is a welcome relief to those of us looking for real answers to real questions.

■ Dr Rebecca Crook works in the Arfon Community Learning Disability Team.

## *The Oxford Companion to the Mind* (2nd edition)

RICHARD L. GREGORY (Ed)

OXFORD UNIVERSITY PRESS; OXFORD; 2004;  
HB £40.00 (ISBN: 0 19 866224 6)

REVIEWED BY **Chris McManus**

suggested the quality was high (in other words, one of my own papers was cited).

How are books like this used? The *Companions to Art, Music and Literature* have hung around my various bedsits, halls of residence, flats and houses, and settled arguments, solved newspaper puzzles and been read for pure pleasure. Despite obvious brand loyalty, in 1987 I never quite bought the first edition of the *Companion to the Mind* (so don't expect detailed comparisons). Why, I am no longer sure. Perhaps the name put me off, echoing the philosophical journal *Mind*. In fact, this book is a useful psychologist's guide to philosophy, with articles not only on the British School such as Bacon, Hume and Wittgenstein, but also on thinkers such as Hegel, Heidegger, Merleau-Ponty and Sartre (although Derrida is absent). I say 'such as' because the lack of a gazetteer, a *Rough Guide to the Mind*, makes it difficult for the visitor to navigate broad themes. Intriguingly there is no entry for 'Mind' itself. There are Mind and Body, Mind-Body Problem and Mind in Science Fiction (a fascinating entry by Max Hammerton), and cross-references to Mind-blindness, Mind-reading, Mind's Eye, and Mind over Matter. The sometimes idiosyncratic content is perhaps best defined as anything of interest to Richard Gregory (and that covers a vast range). Most core psychology is there, and readers of *The Psychologist* are surely the main market.

This wonderful companion has lived in my study and been a pleasure for random browsing. The alphabetical ordering generates intriguing bedfellows (Anxiety, Aphasia, and Aphrodisiacs, or Religion, Remembering and Repression, or the marvellous sequence of Koffka, Köhler, Konorski, Korsakoff, Korte, Kraepelin,

Kraft-Ebbing and Kretschmer). Of course things are missing, and perhaps some co-editors could have helped the near omniscient editor identify some obvious lacunae. I found nothing on qualitative research (only Quantifying Judgements, which might seem to speak volumes except that Q-sort, factor analysis, and Cyril Burt are missing, as also are repertory grids and George Kelly). Nor was there anything on the Big Five or on personality. Extraversion was there, but spelled as 'extroversion', a curious error because Eysenck's own article cites his *Readings in Extraversion-Introversion* (spelled correctly), and that big daddy of all reference books, the *Oxford English Dictionary*, makes clear that 'extraversion' is Jung's original English spelling.

While picking nits, there are occasional typos (the proof readers should check 'peperiodic' and 'veiw' – perhaps an article on spelling was needed?). Some articles seem well past their sell-by date, such as J.Z. Young's Evolution: Has It a Purpose? and Barlow's on Guessing and Intelligence. On a lighter note, Gregory's brief piece on Laws of Nature is a perfect jewel; but five sentences long, and three of them questions, the issues are, it concludes, 'impossibly deep'.

Richard Gregory is surely the ideal guide for a Grand Tour of the mind – engaging and personable, his stamp is impressed throughout, with wit, humour, knowledge, insights and eccentricities, as well as a fine line in obituaries. Without doubt this would make a perfect present for any psychologist or would-be psychology student.

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