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Book Reviews

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BOOK REVIEW EDITOR

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The Psychologist as Expert Witness, 2nd Edition

Theodore H. Blau

ISBN: 0-471-17870-5

Hardcover, 596 pages

October 1998

New York, NY: John Wiley & Sons, Inc.

U.S. Softcover (2001) Price: \$57.00

*Special, Extended Honorary Posthumous Book
Review By Two Former Students:*

Robert A. Lark, Ph.D.

Assoc. Professor, Forensic Psychology Program

Alliant International University

Alhambra CA

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Professor, Richland College

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Richardson, TX

Strengths: Provides a thorough introduction and preparation with invaluable guidelines and resources for psychologists serving as expert witnesses

Weaknesses: Not designed as a comprehensive textbook of Forensic Psychology

Target Audience: Psychologists wanting to expand their expertise in the courtroom.

In this update of the well-received first edition, Blau seeks to “introduce psychologists to the world of the psychologist in the courtroom” (p.ix). *The Psychologist as Expert Witness* does that and much more. While constantly admonishing psychologists that the legal system is more dynamic and changing than the field of psychology, he also encourages them to aspire to competent practice in this arena. Much more than just updating legal citations, Blau’s trademark work is readily apparent in the valuable additions made to the first version in the appendices. Noted for his extensive use of documented appendices, this second edition prepares the psychologist in eight major areas of concern.

The first chapter is a generalized introduction to psychology and the law. Blau brings into this history the first referenced use of a psychologist acting as an expert: that of Dr. von Schrenk-Notzing who testified using experimental procedures learned from his work in the Wundt laboratory. Interestingly, this expert testimony related to memory and suggestibility on the issue of pretrial publicity. These issues continue to be important in our present day society. In the early 1900’s, Munsterberg wrote on psychology and crime including a text on the matter entitled *On the Witness Stand* (1908). This is followed by an historical review of psychological testimony.

The second chapter presents a brief overview of the numerous roles for the psychologist in the courtroom. Competency to stand trial or to manage one’s own affairs, insanity pleas, dangerousness potential, involuntary commitment are provided as more traditional roles. Newer roles are also given: product liability, personal injury, patent or trademark infringement, child custody issues, eyewitness testimony (including children), penalty phase testimony, malingering, addiction and repressed memory.

An introduction to the American Court System is given in the next chapter. In addition to historical antecedents to the American jurisprudence, Blau educates potential experts on key terms used in legal actions, the adversary model, hearsay evidence, the exclusionary rule, weighting of evidence and the decision making process. It is in this chapter that Blau reminds the psychologist to remain the expert and refrain from becoming the “thirteenth juror”.

Chapter four treats the reader to what Blau has always done best in his workshops and texts - provide the psychologist with key duties and forms necessary for practice as an expert witness. Necessary fee arrangement matters are handled

directly, including sample letters of retainment for personal use. For the beginning psychologist expert, there are also samples of charge sheets for billing professional fees. Pretrial checklists, forensic intake forms and even a sample chart are provided for the novice psychologist who wants to serve in the forensic arena. This chapter is a must read even for the more experienced forensic expert. Case examples are used to introduce the process of documentation and preparation for the adversarial role the expert will serve.

Whether or not the psychologist can testify as an expert is addressed in the chapter on admissibility. Here Blau lays the foundation for the rules of evidence. Beginning with Federal Rules of Evidence rules 401, 402, 702 and 703, the author introduces the Frye rule and its application for the psychologist expert. From Frye, Daubert rule is given along with examples of its use. It is in chapter five that Blau gives the first of many of his succinct "Rules of the Road", given to steer the expert toward competent functioning within the courtroom. An example is "never agree to be an expert in any field in which you are not an expert".

One of the major contributions of the psychologist as expert is the use of psychological and neuropsychological testing, and this is addressed in the next chapter. Interspersed within the scholarly material are examples of actual examination or cross-examination questions illustrating proper use of test data and necessity of scientific evidence regarding their use. These examples cover test data for issues of competency to stand trial, not guilty by reason of insanity and prediction of violence. Eight "Rules of the Road" are given to steer the psychologist towards continued competence to expand beyond the initial one to "be sure the tests used measure states or traits relevant to the issue at hand."

The seventh chapter is dedicated to issues frequently encountered by experts in areas of competency to stand trial, testify, and make decisions. After a thorough discourse on U.S. Constitutional issues relevant to the matter, Federal Rules and State Courts are discussed. Then, the reader is walked through an example in order to teach the basic processes involved. Forms and examples of tests are given, along with sample examination and cross-examination of the material. Sample reports including psychological and neuropsychological testing are given to assist the reader towards understanding both the process and duties of the expert psychologist.

In the next chapter the issue of the insanity defense is brought to the forefront. Blau teaches the reader the legal issues concerning the matter so that the

expert can begin to appreciate the nuances of the law. A table providing state by state insanity defense standards is provided. The table includes the rules standard (American Law Institute or M'Naughten) used by that state, locus of burden of proof (state or defense), standard of proof (beyond a reasonable doubt, preponderance of the evidence or clear and convincing evidence) and whether or not state reforms are in the making. Following the Hinckley case of 1982, the insanity defense sparked much discussion with the law within each state. A comprehensive table is given to assist the reader towards understanding the legal citations related to each of the 50 states. Out of this legal discourse review, Blau continues with a step-by-step standard of care outline to walk the psychologist through obtaining the necessary information. This process includes forms, samples of material and even a case example.

One of the newer areas that psychologists may find themselves serving the courts as expert is that of addiction and the law. This chapter is a modified version of a lecture the author gave at the Monish Medical School in Melbourne, Australia. The role of addiction as applied to custody matters, personal injury, competency, motor vehicle offenses and homicide are reviewed. While this chapter is short it is packed with case citation and examples of testimony.

Domestic issues concerning marriage, dissolution and custody are of growing concern to psychological research. In this chapter the effects of divorce and children and custodial issues are highlighted. In addition to sample cases, Blau provides the reader with both the traditional roles of the psychologist and the recent guidelines for child custody evaluations released by the American Psychology Association. The case examples integrate the roles and guidelines to assist the expert. These case examples are extensive and serve as excellent guides for competent evaluation of the issues at hand. Blau's direction towards the best interest of the child is clearly presented and the reader is directed to comprehensive literature review to support his views.

As with other chapters related to direct issues, the chapter concerning personal injury litigation is replete with case examples. These examples include those of an accident case, bereavement evaluation and medical malpractice (including a case of an individual who committed suicide while awaiting help from a crisis center). Through the use of case examples the reader is guided to an understanding of the legal issues at hand and the psychologist's role. These cases are rich with material and merit re-reading several times in order to absorb the intensity of the issues.

One of the emerging topics within the scientific literature is that of malingering. The next chapter intertwines the psychiatric, psychological and legal views related to deceit, exaggeration and malingering. A discourse on standard error in testing guides the reader towards the use of objective psychological tests. Another one of the “Rules of the Road” is given and the reader is encouraged to take heed (Example: “Never conclude that a subject is faking or malingering from records provided by the attorneys”). Case examples highlight the complexity of the issue at hand. Blau encourages the expert to avoid taking on the role of the 13th juror - the decision of malingering is that of the courts. He ends the chapter with a note of warning to all: “When on the witness stand, the expert witness represents all of psychology. Following the Rules of the Road will help the expert represent his or her colleagues properly” (p. 280).”

After much reading, the expert is now brought to where the author wants you to go - to your day in court. The reader is educated as to the deposition and the trial process. Extensive step-by-step preparation is given including case examples. The expert to be is guided towards how to schedule appearances and to prepare for the deposition or trial. Tables to help prepare charts and illustrations help the psychologist prepare for the day. To help prepare for the day a section on “courtroom drama” assists the expert towards understanding the legal processes involved. This includes a handy sketch of a typical courtroom so that the reader can visualize the importance of the scene. Sample expert qualification determinations are given along with direct and cross-examination of the expert. Warnings to be prepared, to carefully review prior deposition testimony, to be prepared for extensive questioning of case work, and to always maintain professionalism are repeatedly given. This chapter’s “Rules of the Road” markers are well worth the cost of the book itself (Examples “Do avoid answering the ultimate question whenever possible”, “Always stand when the judge stands”, “Do not believe that the jurors are dumb” and “Never be late for court”). Those who have taken a workshop from Dr. Blau will also be reminded of one of his rules of conduct for psychologists - “always go with polished shoes” as you “represent all psychologists”.

One of the additions to the prior edition of the work is an update of emerging applications and issues. This chapter is the longest in the book and merits rereading. One major area is that of eyewitness

testimony. To assist the courts so that psychologists may be allowed to testify s to reliability of an eyewitness an offer of proof is given. This offer of proof is comprehensive, covering qualifications of psychology as a profession and the psychologist him/herself; witness interrogatory; and sample affidavit. Another emerging area is that of the psychology autopsy. Several case examples that include step-by-step processes guide the reader towards the issues and professional responsibility. Psychologists are also becoming involved at the Grand Jury level. Here the author continues with case examples including sample reports. The deadly force evaluation is especially of interest given that the author was a sworn police officer and psychologist. Dangerousness and violence are emerging areas of testimony for psychologists. Through several case examples and sample reports with psychological test data the reader learns of the issues at hand.

The final chapter is devoted to ethics, constraints, concerns and standards. The American Psychological Association’s (1992) ethical principles are reviewed with special emphasis on the Division 41 Specialty Guidelines for Forensic Psychology. Privileged communication and confidentiality are highlighted by the use of State guidelines for such. The chapter concludes with a reminder for adherence to standards for the expert witness. The “Rules of the Road” marker for this chapter is a call for the highest standards of care by the professional. These “Rules” are intended to be in place for daily review (Example: “ The psychologist who gives evidence as an expert witness should be sure that the opinions rendered are consonant with the appropriate current research base in the behavioral sciences.” And, “Psychologists who testify regularly as expert witness should devote some portion of their professional time to *pro bona publica* cases”).

There are eight appendices to the text. The first provides a comprehensive review of landmark cases related to psychology. The second reviews the current training in psychology and the law. This section includes State by State APA approved internships with forensic training opportunities. The third appendix concerns expert witness admissibility and covers the Federal Rules of Evidence of 1993. The fourth is the entire Custody Evaluation Guidelines Recommended by the American Psychological Association. The fifth appendix provides the tables and formulae for comparing military test performance with current test results. This work is that from the Walter Reed Army Hospital and is reprinted with their

permission. For those psychologists not familiar with military testing, this section will be a valuable source of reference in cases involving individual with military history. The sixth appendix is the entire Forensic Psychology Specialty Guideline reprinted from the American Psychological Association. The seventh appendix is a comparison of neuropsychological test performance in forensic and non-forensic populations. This appendix consists of a study comparing a forensic population of 225 convicted male felons over 39 neuropsychological measures. The tables include means and standard deviations and the results of *t*-test statistical analysis. The tables include ethnic comparisons and tables of means by ethnic groupings. The final appendix is the Ethical Principles of Psychologists and Code of Conduct, reprinted with permission from the American Psychological Association. The reader is advised that the guideline published within this text may not be the most current version given that the second edition of the Blau text was printed in 1998.

The book is not designed to be a comprehensive textbook on forensic psychology. If readers are expecting that, they will be disappointed. The book is designed, however, to be an introductory book to acquaint the psychologist to the courtroom and the legal process. As Blau has continually advised, the courts are ready for psychology and psychology is ready for the courtroom.

The reviewers must regrettably inform the readers that Dr. Theodore H. Blau passed away on February 3rd, 2003 ending an eleven-year battle with prostate cancer. Dr. Blau was the first independent clinical psychologist to be elected President of the American Psychological Association (1975). He was a national leader in forensics (served as a sworn police officer), neuropsychology and child clinical psychology. Both of us are proud to have been his students. His influence in our personal and professional life continues. We are committed to serve as examples of the professional standards he set. We also trust that we can continue the commitment to standards of teaching and mentoring that he gave to us so freely.

Psychological Injuries at Trial

Izabel Z. Schultz and Douglas O. Brady (Eds.). Tort and Insurance Practice Section, American Bar Association, Chicago, Illinois, 2003, KF8965 .P79 2003 (CD-ROM) 2,230 pages

Reviewed by:

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It is perhaps not surprising that this collection of 76 full chapters plus appendices containing some 2,230 pages is only available on CDROM. Although this is a very large volume, most of the chapters are very good and worth reading if they have not been read before. Twenty-six of the chapters have been written specifically for this volume and the remaining 50 chapters have been published previously, some having rather minor modifications made for the purposes of the present volume. Most of the chapters that have previously been written are very good summaries of the topics presented, well representing the state of the art in their respective fields. However, most of the chapters not written for the text are now a few years old and may be somewhat dated. Several of these were prepared for other edited textbooks on forensic neuropsychology, chronic pain, or other topics. Nonetheless, again, almost all chapters are worthwhile reading and interested parties should be aware of the material involved by reading these or related works.

This book is concerned with psychological "injuries" that may make their way into the courtroom setting and is therefore relevant to any who are involved with such work, clinician or legal representative. In their preface, Drs. Schultz and Brady suggest that "this handbook aims at closing the gap between the practical needs of litigation in psychological injury cases and the vast psychological, neuropsychological, vocational and economic research and professional literature" (p. 13). There is detailed discussion about relevant medico-legal issues pertaining to the interface of legal and psychological domains. In terms of specific psychological injuries, there is a particular focus on traumatic brain injury (TBI), post-traumatic stress disorder (PTSD), and chronic pain. Importantly, these three very common sequelae, either together or in some combination, need to be considered in the differential diagnosis following motor vehicle, workplace or other accidents which result in injuries leading up to civil litigation. Other chapters address neurotoxic injury, suicide, sexual harassment, childhood sexual abuse, and workplace violence or aggression. The almost exclusive emphasis is on tort rather than criminal actions. Most chapters are written by psychologists but several are by attorneys, economists or others.

This review cannot specifically discuss or even name each individual chapter in the allotted length. Indeed, the table of contents itself is more than the allotted length of the review. Rather, this review will focus on a broad overview of the five parts of the book with very cursory summary of individual chapters. It might be recommended that further reviews of the material from this text will discuss in depth and more critically selected chapters or individual sections.

Part I, entitled Conceptual Psychological Issues, consisting of 15 chapters, is a mix of conceptual psychological issues, medico-legal issues, and other issues pertaining to disability or determination of loss. The history of how psychological injuries have been addressed in the courts is discussed noting that this has for the most part been a fairly recent phenomenon, previous claims requiring evidence of “physical” injury. Several chapters address the issue of psychological causation and how this is related to concepts of causation and liability in the courts. Whereas many of the chapters in several sections of the book involve the issue of psychological causality, there appears to be little coherent overview, perhaps reflecting the state of the art in the field. Note is made of the lack of standards for determination of causality in forensic assessments and that the focus on credibility assessments, i.e., the emphasis on malingering or secondary gain detection, may obscure the explication of more pertinent causal relationships. The importance of multidimensional or multifactorial models is stressed throughout. The psychological impact of accidental injury and the relationship between psychological impairment and occupational disability is presented. Note is made of the poor understanding of motivational factors in making the link between impairment and disability.

There is frequent mention made in Part I of many relevant court decisions in various jurisdictions. There is much discussion of the court decision referred to as Daubert (and its progeny, especially “Joiner” and “Kumho”) in which the onus of responsibility for scientific rigor and reason has been taken on by the courts. This may result in a curious situation in which those with little or no scientific training become the gatekeepers of scientific decision making. However, it is questioned how much effect Daubert has actually had or may have in the future. One of the chapters in this section discussing “evidentiary” issues should perhaps be in a latter section given that the question of mild traumatic brain injury (TBI) is what is being discussed. Several chapters address

psychiatric injury definition, disability and litigation of worker’s compensation claims. Two chapters address the Americans with Disabilities Act noting that this legislation has been most important in protecting persons with disabilities but that mental or psychological impairment continues to be poorly understood or represented. Guidelines for the rehabilitation and re-integration of persons with neurological injury or disorders are offered. Several chapters address the assessment of economic damages including the economic definition of hedonic damages, i.e., the loss of capacity to enjoy life resulting from injury.

Part II begins with three chapters devoted to discussion of the DSM-IV nosological system, its historical development and application in the forensic setting. Many problems and how they may be addressed in court are noted, e.g., questions concerning the reliability or validity of various individual mental disorders and that nosological categories are not discrete or homogeneous. Eight chapters in this section address the issue of head injury, several of which are specifically concerned with the problem of mild TBI. Many of the chapters are in some way concerned with the issue of differential diagnosis with specific chapters on premorbid functioning, base rates or malingering. Of particular note is the seminal chapter by Thomas Kay on the interpretation of apparent neuropsychological deficits. There is notably little discussion of the important role of chronic pain, especially post-traumatic headache, and related problems in the presentation of the persistent post-concussive syndrome or mild TBI. There is also little in the way of what are the well documented neuropsychological sequelae of TBI of whatever severity. There are also two chapters on neurotoxic injury, another often contentious issue that may find its way into the courtroom.

Six of the chapters in Part II focus on PTSD although many of the “conceptual” chapters in part I or elsewhere in the book are also concerned with this. Specific chapters in this section address diagnostic issues or procedures in making a diagnosis. There is a very good discussion of the more knotty problems inherent in the diagnosis of PTSD including the subjectivity of diagnostic criteria and various reasoning errors and biases that may affect clinical judgment. It is noted that there is a poor relationship between development of PTSD symptomatology and the severity of traumatic events, individual differences in temperament or beliefs mediating response. PTSD following motor vehicle accidents with all the attendant medicolegal issues is discussed. There are

two excellent chapters that discuss PTSD from a legal perspective including the history of this disorder in the courts, current civil or criminal applications, and assessment issues. One chapter discusses childhood trauma noting the increased vulnerability of this group, with a focus on the nature of the stress response in general. One chapter discusses the importance of psychophysiological responses noting that very few “medical” problems in general can be accounted for by specific illnesses, with a focus on a number of chronic pain problems.

Seven of the chapters in Part II specifically address the issue of chronic pain, a very common and often debilitating problem. Much of the focus of these chapters is wrestling with the thorny issue of how psychosocial factors contribute to presentation and disentangling the multidimensional components (e.g., motivational-evaluative versus sensory-discriminative) of the experience of pain. A biopsychosocial model with interaction of peripheral organic and psychogenic factors in the experience of pain is stressed. It is noted that existing measures of personality appear to be rather blunt instruments for assessing the effect of personality factors. The effect of cognitive, social, and other influences is presented. The immense cost of chronic pain is detailed with discussion of the effects of litigation and compensation on presentation. Factors that may influence recovery from occupational injury are explored. Consideration is given to the possibility of deception or malingering, although the base rate is suspected as being low, and how this may be detected. Finally, one chapter in Part II addresses the issue of suicide risk assessment, one chapter discusses the assessment of mental states of deceased persons or reconstructive mental health evaluations noting several relevant court decisions, and one chapter discusses learning disabilities in the context of personal injury claims.

Part III is the shortest section. It includes four chapters dealing with sexual harassment, including one which comprehensively outlines the role of forensic evaluation. Another chapter reviews statutory and judicial laws governing sexual harassment, research studies on gender differences, and the effects, and two theories of sexual harassment. Two other chapters detail the approach that may best be taken by either the plaintiff and defense counsel. There are also individual chapters on assessment of adult plaintiffs in childhood sexual abuse cases, workplace violence and aggression, as well as how different types of families may respond to different attorney styles.

Part IV consists of eleven chapters addressing methodological issues. One chapter focuses on the

differences between a therapeutic relationship and forensic assessment detailing the many requirements and techniques specific to the latter. Another chapter presents general issues in the use of psychological tests within forensic settings. Three of the chapters discuss the use of the widely used Minnesota Multiphasic Personality Inventories with general information about the development and characteristics of the test, strengths and weaknesses or limitations, the many legal judgments concerning the use of this instrument in forensic situations, the application to personal injury cases, and the issue of computer based interpretation. Part IV also contains chapters dealing with the ecological validity of neuropsychological tests, psychovocational assessment in personal injury cases, problems or issues specific to assessment of linguistic minorities, malingering, the process of objectifying subjective injury claims, plus the very important issue of how examiner bias may result in the misrepresentation of claimants’ injuries.

Part V, entitled Practical Applications in Litigation, consists of two subsections: Litigation Strategies and Psycho-Legal Ethics of Psychological Injury Consultation. One chapter in the first subsection discusses the varied nature of tort actions illustrating how psychological assessments may contribute. Another presents an excellent discussion of what makes for a credible neuropsychological expert witness. Three chapters present plaintiff and defense lawyers’ approach to the issue of brain injury. Two chapters present strategies for plaintiff’s direct and cross examination of expert witnesses or treaters. Another presents the perspective of defense counsel in cross-examination. One final chapter in this subsection discusses mediation or other dispute resolution strategies in psychological or head injury cases.

Five chapters in Part V address the Psycho-Legal Ethics of Psychological Injury Consultation. The practice of forensic psychology is discussed in the context of the 1992 American Psychological Association Ethics Code, the Standards for Educational and Psychological Testing, the Specialty Guidelines for Forensic Psychologists and other documents. One chapter focuses on ethical issues in the context of neuropsychological assessments. Another discusses the problems that may emerge when clinicians or treaters attempt to assume a forensic role or act as an expert witness on behalf of their clients/patients, suggesting that such clinicians may qualify as fact witness or treating expert witness but not otherwise as an expert witnesses unless they are familiar with relevant psycholegal issues. Another chapter suggests that courts begin to utilize professional ethical norms as a mechanism for screening of

potential problems of reliability in the admissibility of expert testimony, i.e., to screen out those expert opinions that have essentially been bought by the plaintiff or defense lawyer and which do actually represent scientific or professional expert opinion. The last full chapter of the book addresses ethical issues in the forensic assessment of persons from diverse cultural or linguistic backgrounds.

There are several appendices including the 1992 Ethical Principles of Psychologists (revised in 2002), recommended readings and internet resources.

In summary, this volume contains many many excellent chapters covering a wide range of issues pertinent to the practice of forensic psychology involving civil actions and the interface of psychological and legal domains. Although there is some redundancy in chapter content and although some material is perhaps now somewhat dated or limited in the scope of presentation, it is certainly recommended that any who are involved in forensic work of this nature be familiar with the material covered in this text.

What's Wrong With The Rorschach: Science Confronts the Controversial Inkblot Test

James M. Wood, M. Teresa Nezworski, Scott O. Lilienfeld, Howard N. Garb
ISBN: 0-7879-6056-X
Hardcover, 464 pages
March 2003, San Francisco - John Wiley & Sons
US Softcover Price: \$24.95

Reviewed by:

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Strengths: Clearly written, and thoughtful critical review of the history of the Rorschach test and problems with Exner's Comprehensive System. Also, good overview of admissibility issues of the Rorschach in the court related cases.

Weaknesses: *Unlikely to change the minds of partisans; some statistical arguments difficult to understand for the uninitiated.*

Target Audience: *Clinical and forensic psychologists and interested laypersons*

What's Wrong With the Rorschach? (WWWR) is an fascinating and provocative book that has already created a stir in the field of psychology. The book is a history and scientific critique of the Rorschach test, presented in a readable style which

is accessible to thoughtful laypersons as well as those with background in psychological testing. It takes on a subject which has split clinical psychology for many years and which has been the cause of bitter debate between the proponents and detractors of the Rorschach.

I suspect that I am not alone among my colleagues in that I had no idea prior to reading WWWR about the origins of the Rorschach and the history of its becoming one of the most popular psychological tests in use in America and Europe. I vaguely understood that Hermann Rorschach was a Swiss psychiatrist who had some connection to Jung, but that was the extent of my knowledge. In retrospective, this is surprising and disconcerting when I consider that the study and interpretation of this test took up a significant portion of my graduate education. WWWR provides background on Hermann Rorschach's development of the test and his attempts to develop a quantitative scoring system based on the number of movement and color responses produced by the subject. Contrary to my preconceptions, psychodynamic content interpretations so commonly used prior to the introduction of Exner's Comprehensive System would have been alien to Dr. Rorschach.

In subsequent chapters, WWWR details the introduction of the test to the United States by Beck, Hertz and Klopfer and the explosion of the test's popularity which paralleled the rise of psychoanalytic thought and treatment. The exploration of the conflicts between the followers of the various systems of Rorschach interpretation reads more like a history of schisms between religious sects than the workings of science, and indeed, there was little of what we would now recognize as empiricism involved in these debates. Also fascinating is the material on more obscure projective techniques developed in the 1950's which included the now infamous Szondi test and the Cypress Knee Projective Test. The Cypress Knee Projective test was designed for blind subjects who were instructed to feel the convoluted woody outgrowths and describe the images the tactile sensations evoked. Also illuminating is a section on in WWWR which discusses the amazing "blind interpretations" of so called Rorschach wizards in the light of a form of entertainment known as Cold Reading. Cold Reading is a branch of fortune telling in which the "psychic" uses his knowledge of base rates combined with Barnum statements, observations of dress, deportment and body language of the subject and the human tendency toward selective memory and confirmatory bias to dazzle the subject with his uncanny knowledge of

the subject's history and personality. The authors suggest that the blind readings of the Rorschach wizards were simply examples of Cold Reading by clinicians who were not consciously aware of what they were doing.

WWWR then turns to Exner's Comprehensive System (CS) of Rorschach interpretation, which has for the most part replaced other systems of interpretation in recent years. It will not come as a surprise that the authors are very critical of many aspects of the test, particularly to those who have followed this ongoing debate in psychological journals. The authors detail numerous concerns with the CS. For example, they highlight problems with the reliability of the test based in part on Exner's use of percentage of agreement in determining reliability of the scoring categories of the CS as opposed to the use of the correlation coefficient. In addition, they detail their arguments that the available research indicates that the CS overpathologizes normal individuals and also present the astonishing story of the now infamous duplication of 220 protocols in the CS norms utilized between 1989 and 2001. Finally, the authors present their arguments in support of the premise that the CS should not be admitted in court related cases for a variety of reasons which include problems with reliability and a lack of clearly demonstrated validity, the lack of a logical nexus between the CS and diagnosis of psychopathology and the previously mentioned tendency for the test to over-pathologize normal individuals.

I found WWWR to be thought provoking and well written. However, I wonder if the book will change the minds of many psychologists. Those who use the CS value it for what they see as the richness of the data it provides and its usefulness in generating diagnostic hypotheses, and they see those who criticize the CS as setting the scientific bar impossibly high. Those who are "anti-CS" see the test as a prime example of a poorly constructed instrument based on pseudo-science, sustained by a cult-like mentality. While some have attacked the book as biased, it should be noted that the authors took pains to point out those CS scales with good reliability and validity, and make suggestions which include (in addition to abandoning the test or declaring a moratorium on its use) the development of a "stripped down" Rorschach along the lines of Wagner's Logical Rorschach that utilizes those scores and indexes with more robust validity. Ultimately, I recommend WWWR for both the proponents and detractors of the Rorschach as an informative, provocative and entertaining reading experience.

Therapy with Difficult Clients: Using the Precursors Model to Awaken Change, by Fred J. Hanna (Washington D.C., American Psychological Association press, 2002) 329pp. \$39.95 and

Motivational Interviewing: Preparing People for Change, Edited by William R. Miller & Stephen Rollnick (New York : Guilford Press, 2002) 428pp. \$35.00.

Books Reviewed by:

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There is an old joke which goes something like this:
Question: How many psychotherapists does it take to change a light bulb?

Answer: Only one, but the light bulb has to want to change.

For the working therapist there is nothing more frustrating that the client whom is "resistant" to therapeutic change. Although these clients complain bitterly about their lot in life, or, have been ordered to treatment because their addiction (substance, sexual, gambling) has gotten them into serious legal trouble, they appear to be dedicated to the maintenance of the status quo, despite their protestations otherwise.

An inability to effectively help a client deal with this issue has lead to an awful lot of theory making (locus of control, secondary gain, arrested development) as well as client blaming and labeling (he is a psychopath, she is a borderline). Too much of this is in the service of helping therapists deal with their feelings of impotence and failure, rather than helping the client.

This pair of books provide useful conceptual frameworks for dealing with therapeutic relationships so that they stay on course and out of dead ends. Therapy is about change, and these books present useful theories based on our current knowledge of motivation and change. The books have instant face validity and, thankfully are also well supported by research data. Evidence based practice is made easy, because both books contain many practical suggestions for how to motivate yourself and your client for change and how to extract the therapeutic relationship from a stalled process.

Therapy with Difficult Clients is based on the author's clinical work and research at Johns Hopkins where he has sought out the active ingredients of therapeutic change with populations which include addicts, defiant adolescents and criminal personalities. His case examples include

these populations as well as the type of clients one would see in a general psychotherapy practice.

Hanna has developed what he calls a precursors model for awakening change in clients. He speaks of seven variables which he calls “precursors”, which appear to regulate the speed and intensity of the therapeutic change process. These are: 1) a sense of necessity, 2) a willingness or readiness to experience anxiety or difficulty, 3) awareness, 4) confronting the problem 5) effort of will toward change, 6) hope for change, and 7) the social support for change.

Dr. Hanna’s book emphasizes that while the precursor model can provide some clarity as to why a therapeutic process may be faltering, its purpose is not to bang the client over the head with this knowledge. He emphasizes the great importance of empathy and respect for the “difficult” client. For Hanna, understanding and being able to see where a client is coming from is an essential part of establishing the therapeutic relationship whereby the client will be given the opportunity for change. He speaks of things such as “being courteous” and “requesting permission” as methods for helping the client bring down his defense systems from within. He also speaks of therapist precursors for change and how therapists inadvertently interfere with that which they are trying achieve with clients. Hanna succeeds in broadening the psychoanalytic concept of counter transference in language that makes it accessible to clinicians working within other therapeutic models. He raises the important question, are we dealing with difficult clients or difficult therapists?

Similarly, **Motivational Interviewing: Preparing People for Change**, takes a non-punitive and client-centered approach in its treatment model. In this book, clients who experience ambivalence about change or have difficulty maintaining therapeutic gains are viewed as normal rather than as resistant or relapsed. This is the updated second edition of what has become a seminal work is based on the treatment of individuals with problems of addiction.

Motivational Interviewing is an evidenced-based approach to therapy which encourages “change talk” and discourages power-struggles and confrontation which have been shown to be ineffective (if not harmful) therapeutic strategies. The authors explain that people seeking or ordered to treatment are in need of a therapeutic intervention which helps them to develop internal motivation, not another vehicle for pointing out

how “bad” they are. The authors explain why people often are unable to change and what needs to happen to begin to enhance their internal motivation and built upon their strengths.

The second edition is replete with examples (in the form of transcripts of therapy sessions) to demonstrate the application of the theoretic principles contained in the MI model. There are numerous exploratory models and presentations of research which supports the model. There are also useful and comprehensive reviews of the literature.

Many chapters begin with a pithy quote regarding change from the likes of Thoreau, The Gnostic Gospels and the History of Alcoholics Anonymous. These were satisfying to read in that they were a preview and summary of the message of the upcoming chapter. They also effectively connected the MI model to the perspective and wisdom of the larger world beyond.

In the words of Martin Buber (see chapter 12), “I have not the right to want to change another if I am not open to be changed”.