

seems time to accept that girls actively compete for status and that their attempts are often awkward and take place at the expense of others. The mainstream media has certainly not ignored these facts. Reality television mirrors the governance of the school playground described in this book where beautiful, wealthy girls set the parameters for inclusion and closely guard the social landscape with an acute awareness of the precarious nature of their own hold on the catbird seat. For me, reading this book was like reliving the fifth grade, which probably speaks to the stability, pervasiveness, and validity of Goodwin's findings.

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Popular Culture in Counseling, Psychotherapy, and Play-Based Interventions

Lawrence C. Rubin, ed.
New York: Springer Publishing Company, 2008. References, index, tables. xlii, 372 pp. \$48.00 cloth. ISBN: 9780826101181.

Popular Culture in Counseling, Psychotherapy, and Play-Based Interventions is a collection of works written by researchers, psychologists, social workers, counselors, and persons with specialized training in public relations, advertising, and the arts. The book

takes a fresh look at the use of popular culture, innovative approaches, and creative techniques in research and counseling practices with clients of all ages. Although less a focus, the book also integrates popular culture with clinical training and supervision.

Having multiple authors ensures that each chapter boasts a distinct literary style; many include personal stories and humorous anecdotes and imaginative titles; and they are generally well grounded in research and cover their topics thoroughly. This combination of innovation and scholarship engages the reader and enriches the final product. It helps, too, that any discussion of popular culture is inherently entertaining. And though the authors concentrate on the characteristics of popular culture they value personally, as a whole they certainly establish its therapeutic potential.

In each chapter the author presents concerns, case conceptualizations, and treatment plans and interventions using popular-culture references. Some authors lay a foundation of research and theory for their case studies before demonstrating how specific techniques could be used with individual clients. Others employ a more integrated approach, treating discussions of clients as the starting point for examining relevant theories and techniques. No matter what the approach, most chapters are clear and effective.

Several authors assert that their use of popular culture in therapeutic interventions is not intended to replace traditional approaches. Rather, the techniques they use provide additional resources for mental-health practitioners. Popular culture can help make connections between the client's real-world experiences and the therapeutic process. The goal is to make the therapy more accessible to the client as she integrates her outside reality with a new understanding of self.

Since popular culture is often an integral part of a client's past and present, the therapeutic methods discussed in the book can be applied to a client of any age. There is also no reason why mental-health practitioners of any theoretical approach could not use these techniques, although some of the techniques are likely to prove most attractive to more directive therapists. The material here seems less appropriate for cross-cultural interventions. Although you can find some reference in this work to international popular-culture symbols such as Japan's *Naruto*, the authors do not much address multicultural issues or the potential problems of using popular culture with diverse client groups. Multicultural concerns, however, are examined within the framework of clinical training and supervision. Authors note that trainees from immigrant cultural groups were less

familiar with the popular-culture references used in the training process.

Overall, this book offers a valuable contribution to counseling, psychotherapy, and the study of play-based approaches. It can be used as a resource for mental-health practitioners, researchers, and educators to supplement traditional interventions and facilitate healing through relevant and current therapeutic processes. The authors challenge the reader to take risks and think beyond conventional approaches. Through sound reviews of the literature, research, and case studies, they inspire a creative therapy free of whimsy.

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**A Place for Play:
A Companion Volume
to the Michigan Television Film
"Where Do the Children Play?"**

Elizabeth Goodenough, ed.

Carmel Valley, CA: National Institute for Play, 2008. Notes, illustrations, xvii, 266 pp. \$29.95 paper. ISBN: 9780615202822.

It is rare to find a collection of selected writings focusing on the topic of children's play that can hold a reader's interest from article to article. After all, the topic is usually embedded in nostalgia and personal reflections, and the