

BOOK REVIEWS

ROBERT W. SIROKA, ELLEN K. SIROKA, and GILBERT A. SCHLOSS (eds.). *Sensitivity Training and Group Encounter: An Introduction*. New York: Grosset and Dunlap, 1971. 216 pp. \$5.95; paperback, \$2.95.

What is perhaps the first definition of encounter was published by J. L. Moreno in 1914. He depicts it as, "A meeting of two: eye to eye, face to face. And when you are near I will tear your eyes out and place them instead of mine, and you will tear my eyes out and place them instead of yours, then I will look at you with your eyes and you will look at me with mine." Although largely overlooked by Freud, the structure and dynamics of the group and its role as a therapeutic agent were a major focus of study for Moreno. Recent years have seen the evolution of several approaches to the utilization of the group for human relations training and personal growth. T-groups, sensitivity workshops, marathons, and encounter groups are to be found in industrial, governmental, religious, and educational as well as therapeutic settings. Professionals in the fields of human relations and the behavioral sciences are rediscovering many of the concepts and methods formulated by Dr. Moreno over the past half century.

Sensitivity Training and Group Encounter is a collection of articles which together furnish the reader with a useful and informative guide to these group phenomena. Separate sections are devoted to psychodrama, encounter, t-groups, the attack approaches, and marathons. Bibliographies on each of these approaches are included. The contributors include J. L. Moreno on Psychodrama and Group Psychotherapy, Carl Rogers on the basic encounter group, Robert and Ellen Siroka on Sensitivity Training and George Bach on marathons.

The final section of the book entitled "Buyer Beware," is concerned with a discussion of some of the dangers and limitations of sensitivity and encounter. The articles in this section are written from the experiential point of view of the participant as well as from the theoretical view point of the leaders. The editors conclude with a "Consumers' Guide to Group Process." This guide presents a classification of the major types of groups and what the editors feel are the necessary qualifications for leadership.

I recommend *Sensitivity Training and Group Encounter* to professionals and students interested in an introduction to these group techniques, to the layman who is considering participation in a group or workshop, and to any-

one who would like a concise description of the various approaches and a brief history of their development.

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