

BOOK REVIEW

Archer, James, Jr., and Cooper, Stewart. (1998). *Counseling and Mental Health Services on Campus: A Handbook of Contemporary Practices and Challenges*. Jossey-Bass. 320 pp., \$42.00. ISBN 0-7879-1026-0.

Many challenges are encountered in delivering high-quality, professional services within a tight budget and limited resources to an increasingly heterogeneous student clientele. It's quite a task, but definitely achievable. Through the strategic use of 60 program examples from various college campuses around the nation, the authors effectively illustrate pertinent concepts and clearly show how some universities have implemented mental health initiatives with great success.

Archer and Cooper have developed a useful textbook describing the multifaceted roles of counselors and the varied functions of counseling centers on 4-year college campuses. Both authors are psychologists who have spent at least a decade as the director of a college counseling center. Their extensive first-hand knowledge makes them credible and authoritative sources.

Counseling and Mental Health Services on Campus is divided into three sections beginning with "meeting the need for basic counseling services." Here the authors state, "Compared with students in the past, students today arrive on campus with more problems as a result of dysfunctional family situations, with more worries and anxieties about the future and about the serious problems facing them in modern society, with an increased awareness of their own personal demons, and with a greater willingness to seek psychological and psychiatric help." (p. 6).

If adequate counseling services are not available, troubled students are likely to leave school before completing their degrees, which results in a loss to the students, the institution, and to society as a whole. Campus counseling centers can help colleges achieve their goals of student retention and academic success.

The authors strongly recommend brief therapy and group counseling along with the adjunctive use of self-help materials and medication when appropriate. In addition, they emphasize the importance of outreach and consultation activities, and discuss administrative and professional issues in the second and third sections, respectively.

This excellent and easy-to-read book is packed with practical information supported by theory and research and should be a part of every college library collection. I wish that it had existed when I was a graduate student and counseling center intern.

This book will provide all university personnel, including academic advisors, with a better appreciation for campus mental health counselors. In particular, counselors and counselors-in-training will benefit from the how-to nature of this text with its many models, methods, programs, and suggestions; administrators and faculty will better understand that counseling services are vitally important to the mission of colleges to educate students and assist with their growth and development.

Sybil L. Holloway
Center for Counseling and Human Development
Bloomsburg University