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GEOFFREY NELSON, JOHN LORD, AND JOANNA OCHOCKA  
*Shifting the Paradigm in Community Mental Health:  
 Towards Empowerment and Community*  
 Toronto, ON: University of Toronto Press, 2001,  
 311 pages  
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 Reviewed by GEORGIANA BEAL

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Although the literature has emphasized the importance of consumer involvement and partnership in mental health care for many years, the achievement of this objective remains elusive. This book, as it combines theory, practice, and research (a case study) about the processes of empowerment and integration of consumers of mental health care in a Canadian setting, delineates strategies and approaches that can be factors in fulfilling this important aim. The varying levels that need to be involved are discussed and this contributes to an understanding of the conditions that facilitate and inhibit this process. The course of empowerment is described on three levels: policy and planning, organizational, and individual. The body of the text, a study of the community of Kitchener-Waterloo, tracks the changes that occurred during the paradigm shift from the institutional-medical approach to an empowerment-integration approach in community mental health. The research, which includes the voices of consumers, yielded rich information about the change processes and outcomes at these levels, and concludes by offering an examination of why there was a less-than-complete shift to the ideals of community mental health. The explanation grows out of the assumptions and values underlying the varying levels.

As noted, the text does have important things to say; however, there are a couple of issues that need to be highlighted. The use of the word "paradigm" might create some problems for the reader. The authors argue strongly that shifting from the traditional paradigm, termed the institutional-medical approach, to an empowerment-community integration approach the paradigm shift becomes apparent. However, there is evidence that the concept of partnerships with consumers of mental health services ensuring that the client is the centre of the system, has been with us since the early '90s (*Best Practices in Mental Health Reform*, 1997).

Enabling and empowering consumers to take part in all aspects of care is certainly not new to many

aspects of health care in general, for example in the changes around choice in childbirth and for individuals with HIV. In mental health it is more likely that a certain set of conditions are now in place that has enabled consumers to be much more active participants in their care. For example, provincial government policy, more interactions with consumers at all levels, organizational readiness, ability of clients to have ready access to information that affects them, and the will to take action are conditions that have pushed consumer involvement. These conditions have certainly contributed to the changes we now see in mental health. Whether one can call this a paradigm shift or not is open to discussion.

Further, the term consumer/survivor does become a bit tiresome as it is used throughout the text. Judy Chamberlin (1991) argued that there are many terms people can and do use when describing clients/patients/consumers/survivors. In addition, the references in this section are dated. That being said, there is little doubt that there is still a lot of resistance to empowering consumers in this field and that there are difficulties around differentials in power. The authors are quite correct in bringing these issues forward.

The opening chapters where the authors contrast the old and new system using the notion of institutional dominance theory versus empowerment-integration are also open to critique. It is true that there is an institutional-medical approach, and that there are important issues of power imbalance. A more current literature to describe the state of affairs would have been helpful. It also might have been interesting to ask why it has been so difficult to implement these changes, beyond the fact of medical domination. There are excellent articles on this aspect that have been written in the last two or three years.

All this being said, I really liked this book and think it provides a welcome guide as to how to implement an empowerment framework at many levels. Many of us are working with clients and consumers to be full participants in their care and this text gives some useful road maps to enable the process.

How a community navigated the mental health reform shift from a traditional method of care delivery to a community-based system is the body of the text. In general, there is a fluid movement between the historical and theoretical underpinnings of context, policy, consumer involvement, and themes, and the voices and experiences of those who lived the research experience of the community in which the study was conducted. For example, the authors move

between historical precedents and how this affects consumer empowerment to actual voices and histories of those who participated in the project (stakeholders and researchers). A very clear picture emerges of the necessary changes in values and practices if true community mental health is to be realized.

Divided into five parts, including chapters on theory, policy, organizational and personal change, and themes, the fourth part on personal changes of the consumers is very interesting. Here the emphasis is on the importance of personal empowerment, community support and education, social justice, and access to valued resources. In each of the five parts, there are lessons learned both in the process of the research and substantive findings on how the meaningful involvement of consumers in all aspects of the delivery of mental health care can be realized.

What I found particularly helpful was how the authors guide us through the process of determining how to involve consumers in research. The approach, grounded in participant action theory, is clear and how it worked in practice is also apparent. We hear the voices of the stakeholders, and those of the researchers. The researchers are very frank about their own lives and how their personal sorrows (if I may use a phrase from Mills, 1954), are public issues. The exciting thing in this chapter was how meaningful the research experience was for everyone who participated, and the data was much richer for this level of participation. I also believe that this passion for change and empowerment is fostered through the understanding of the link between personal difficulties and the public issues.

Other important aspects are sections on organizational change and how consumers can participate in organizations. Beginning, as they do throughout this book, with historical aspects and recent theoretical approaches, we are led from background information and history into full discussion of what will be necessary if this value can be fully realized. The factors that facilitate and inhibit organizational change are discussed. Readiness, leadership, people who share the value base, commitment, and climate of reflection, were all shown to be central in enabling consumers to participate in organizational life. The factors inhibiting organizational change, such as limited funding and stakeholder resistance, are also delineated. Three community health organizations and their organizational change outcomes and process are summarized in a table. This table is very valuable as a quick reference to the cases and as examining strategies that might be helpful as organizations strive to meet the values set forth in the men-

tal health reform documents. Thus, organizations are enabled to create climates where the value of meaningful consumer participation can be fostered and grow.

A key chapter is on the themes and lessons learned. Again, we are reminded that values and principles must be embraced by all levels of mental health care – policy, institutional and individual – in order to create coherence and a culture. It is this coherence that makes change happen. The authors also point out that one of the weakest areas in terms of enabling empowerment lies in the proper allocation of resources, and they argue that it will be necessary to invoke the ideals of community integration and social justice. They provide a framework for the key dimensions of the empowerment-community integration paradigm and they argue that this must be linked to ideals of public good and equality for this objective to be realized.

*Shifting the Paradigm in Community Mental Health* is a welcome contribution to the literature on the implementation of consumer empowerment and involvement in mental health treatment and care. The authors offer an approach enabling the reader to see the dimensions for empowerment and community integration termed the empowerment-community integration paradigm. The book will be useful for a wide audience, including consumers, professionals, stakeholders, researchers, and policy makers, and should be in the libraries of all institutions, formal and informal, that deliver mental health care. The overall clarity of the writing and all the approaches will be very much appreciated by all those who work or receive services in mental health.

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MARK R. ROSENZWEIG, WAYNE W. HOLTZMAN, MICHEL SABOURIN, AND DAVID BELANGER

*The History of the International Union of Psychological Science*

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Reviewed by JOHN BENJAMIN

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In 1997, the Executive Committee of the International Union of Psychological Science initiated a project to “trace the development of the International Union of Psychological Science (IUPsyS), not only since its founding at the 14th International Congress of Psychology at Stockholm, 1951, but going back to 1881 when a young Polish psychologist first proposed the ideas of an international congress and of an international association of psychological societies” (p. xi). Those responsible for carrying out this project were three Honorary Life Members of the IUPsyS Executive Committee (Rosenzweig, Holtzman, & Bélanger) and Michel Sabourin who had become Treasurer in 1993. Both Bélanger and Sabourin are Canadians who have made notable contributions to the Union. For example, Bélanger was President of the 26th International Congress of Psychology in Montréal in 1996, and Sabourin was appointed Editor of the *International Journal of Psychology* in 1988.

Because the project only got underway quite recently, the authors were not in a position to collect an oral history of the Union. They have relied instead on archival material, including “published proceedings of every International Congress of Psychology to date, and also the extensive archives of minutes of the Assemblies and meetings of the Executive Committees” (p. xi). Their aim was to transform this material into a book that “could be both read enjoyably” and would “contain sufficient detail for archival purposes.” It should be said straightaway that they have succeeded admirably in attaining their goal.

The authors have managed to include a great deal of information, and it must be said that the

result occasionally resembles a book of lists (e.g., lists of who attended the various congresses, the percentage of attendees from each country, etc.). Read from cover to cover, the book provides a very useful compendium of the proceedings of IUPsyS and its predecessors. However, few will read it from cover to cover. Rather, this will be a great book to keep close at hand and dipped into at random. The assiduous sampler will discover many very interesting things. A few of these are listed below.

A very strong feature of this book is its many photographs. Several of these have been oft reprinted before, and will certainly be familiar to most psychologists. There are other less familiar photographs of famous psychologists that are particularly interesting. For example, there is a superb portrait of Christine Ladd-Franklin (1847-1930) that helps convey those aspects of her persona that made her a formidable presence at conferences (cf. Hilgard, 1987, p. 124). Indeed, women figure very prominently in this history, many of them women who did not become as well known as Ladd-Franklin. The photograph of Jozefa Joteyko (1866-1928), a Polish scientist and the first woman appointed to the International Congress Committee, is particularly interesting in view of the fact that many women attended the early congresses, and “the announcements for the 3rd and 4th [1896 and 1900] congresses stated that women would be accorded the same rights and privileges as men” (p. 25). There are also pictures of men who may not be, but should be, familiar figures. One of these is Julian Ochorowicz (1850-1917), who is the aforementioned “young Polish psychologist [who] first proposed the idea of an international Congress.”

Throughout the book there are several very useful tables that provide lists of the members of the various congresses as well as the officers of the IUPsyS. Reading these tables one cannot help but be struck by the number of great names in the history of psychology who have played central roles in the history of the organization. Among those who played an active role before 1950 are Baldwin, Bartlett, Bechterew, Binet, Boring, C. Bühler, Ebbinghaus, Ehrenfels, Galton, James, Kohler, Pavlov, Spearman, Thorndike, Titchener, Washburn and Wundt. This is only a small and haphazard selection from a much larger set, and one can easily see how interesting the story of growth of IUPsyS will be to historians generally and, indeed, to all psychologists.

Canadian psychologists figure prominently in the history of IUPsyS. Among these is Edward A. Bott (1887-1974), who was co-president, with E.C.