



2009

## *Theory and Practice with Adolescents: An Applied Approach.* Fred R. McKenzie. Reviewed by Nila Ricks.

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### Recommended Citation

Ricks, Nila (2009) "*Theory and Practice with Adolescents: An Applied Approach.* Fred R. McKenzie. Reviewed by Nila Ricks.," *The Journal of Sociology & Social Welfare*: Vol. 36 : Iss. 4 , Article 12.

Available at: <https://scholarworks.wmich.edu/jssw/vol36/iss4/12>

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Fred R. McKenzie, *Theory and Practice with Adolescents: An Applied Approach*. Chicago, IL: Lyceum, 2008. \$42.95 papercover.

Fred McKenzie's book provides a comprehensive approach to social work practice with adolescents by utilizing development theories and linking theory and practice. The transition to adolescence is a time of drastic change. Adolescents are changing biologically, physically, emotionally, cognitively, and socially. During this transition, adolescents experience puberty, dramatic changes in their family and peer relationships, they begin to think more abstractly and have more reasoning abilities. This transition can be difficult for adolescents, their families, and practitioners who work with them.

McKenzie, an associate professor and director of the School of Social Work at Aurora University, explores adolescence through theoretical underpinnings from renowned theorist like Freud, Piaget, Kohlberg, Gilligan, Erikson, Bowlby, Skinner, and Ellis. McKenzie acknowledges that generally most adolescents do not volunteer for therapy. Moreover, they are referred by teachers, school counselors and social workers, or by their parents. Thus, he provides an assortment of traditional and nontraditional techniques for assessing, engaging, and continuing work with adolescents. McKenzie focuses on hobbies and personal interests such as text messaging, listening to music, journaling, and instant messaging as areas that practitioners can explore to engage adolescents and to develop a trusting therapeutic relationship. McKenzie presents and applies a comprehensive assessment and intervention planning model for practitioners to incorporate into their practice. The assessment method allows practitioners to gain an in-depth understanding of the adolescent's biopsychosocial functioning.

A major strength of the book is the extensive integration of research findings into practice. The book is also well organized into engaging and thought provoking chapters. The case examples presented at the end of each chapter serve as real world referents and illustrations of the techniques and interventions discussed in the chapter. In these case examples, McKenzie passionately and elegantly talks about his

professional experiences to clarify topics discussed. In addition to case examples, McKenzie also provides additional sources for further reading and a list of films and movies that demonstrate the topics discussed.

However, there are two drawbacks of the book. McKenzie presents a variety of situations and behaviors in which adolescents are referred for therapy and discusses interventions to treat identity crisis issues, mental health issues, gender issues, substance use and abuse, self harming behaviors, and eating disorders. However, McKenzie fails to mention interventions that can be incorporated into practice with pregnant and parenting adolescents. Adolescent parents have unique circumstances and needs; therefore, they require unique interventions. A second notable drawback is that the chapter on culturally competent practice is inadequate. Although the author acknowledges that one chapter can not cover all the techniques needed to work with diverse populations, more than one ethnic group should have been represented in the case example. Cultural competence is critical in that a significant number of clients that social workers serve are minorities. This chapter could have been expanded. However, readers will gain a comprehensive understanding of the techniques and skills that are grounded in theory to work with adolescents that enter therapy with a variety of circumstances and issues. Professors can use this book as a teaching tool with students and practitioners can use the book as a reference tool for their practice with adolescent clients.

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Philip Holden, *Autobiography and Decolonization: Modernity, Masculinity and the Nation-State*. Madison, WI: University of Wisconsin Press, 2008. \$55.00 hardcover.

In an age dominated by visual imagery, it may be difficult to appreciate the extent to which the print media previously informed popular opinion. In the absence of cinema, television and internet images, popular attitudes and beliefs were shaped by newspapers, novels, magazines and works of non-fiction such as biographies and autobiographies. Of course,