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Review of *Empowering Vulnerable Populations: Cognitive-Behavioral Interventions*. Mary Keegan Eamon. Reviewed Maria Y. Hernandez.

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causing confusion with other social science fields. His approach to the conceptualization of social policy and social work as "a unified field of social welfare," which utilizes interdisciplinary perspectives is helpful.

A major weakness of this book is that it is a translation. The demands of the Japanese language and the author's scholarly writing style—which uses indirect, vague expressions and the use of Japanese characters (*kanji*)—undoubtedly make translating into English challenging. Translators tend to stress the functional meaning of the words and sentences rather than the stylistic emphasis. These translation challenges result in the atypical use of English expressions. Despite these difficulties, Furukawa has done a fine job in meeting his goal of "portraying and explaining Japanese social welfare and social welfare science." However, if he hopes to reach a broad audience, he should include more comparative examples and illustrations, which show the similarities and differences between Japanese social welfare and social welfare in other parts of the world.

Christina Miyawaki, University of California, Berkeley

Mary Keegan Eamon, *Empowering Vulnerable Populations: Cognitive Behavioral Interventions*. Chicago, IL: Lyceum Press, 2008. \$59.95 papercover.

It is well known that cognitive behavioral interventions have been proven effective for a wide array of mental health concerns. Nevertheless, mental health providers remain interested in improving their knowledge of the selection and implementation of cognitive behavioral interventions that have lasting results for vulnerable groups. The field of social work and other professions invested in improving the mental health of at risk and marginalized populations and can agree that client empowerment is an ideal treatment outcome connected to lasting results. Mary Keegan Eamon provides a source book with descriptions of the process and outcomes of vulnerable client empowerment through cognitive behavioral interventions.

The author's introductory section provides a description of the situations and pertinent factors connecting a client with a

vulnerable population (such as ethnicity, gender, sexual preference, age, disability and immigration status). She delineates the terms, theories, and common interventions of cognitive behavioral methodology. Consistent with the author's explanation of empowerment, the remainder of the book is divided into descriptions of interventions targeting the enhancement of social interactions, the attainment of economic resources, the fortification of autonomy, and the involvement of vulnerable populations in macro decision making.

The book has many advantages for both the clinical and research community. It serves as a reference guide to clinicians of all levels wishing to learn about empirically-based interventions for vulnerable groups. A full range of behavioral and operant conditioning techniques, with a strong emphasis on social skills training, are frequently prescribed by the interventions discussed throughout the book. Multi-component programs incorporating cognitive behavioral strategies teaching advocacy skills are discussed. In addition to targeting various vulnerable populations, some interventions relevant to non-vulnerable individuals are described. Several of the interventions attempting to enhance social skills among disabled youth include non-disabled peers. Equally useful is the author's inclusion of prominent cognitive behavioral programs found in well-known institutions. Keegan Eamon enhances the utility of the book with additional readings, resources, and websites at the end of each chapter as guides. To the research community, the author presents a range of cognitive behavioral interventions available to empower vulnerable populations, their clinical effectiveness, and their research limitations.

Despite the volume's dedication to empowering vulnerable populations, further discussion is needed in the area of cultural competence. While any competent professional will consider the targeted population's world view and ethnicity in the implementation of interventions, general guidelines of cultural competence and cognitive behavioral interventions are helpful for novice clinicians or others who have not worked with specific populations before. Many researchers have discussed means of adapting cognitive behavior interventions for diverse groups. A section addressing cultural competence congruent with cognitive behavioral techniques would further enhance the book. Vulnerable populations cannot be

empowered if their culture is not properly understood. Yet, it should be noted that the recommended additional readings do consider cultural differences. The author acknowledges that the interventions do not target all vulnerable groups and recommends their possible applications to other groups. Through the use of the author's recommended functional assessments, clinicians implementing these interventions may ensure the inclusion of cultural considerations. Perhaps researchers hoping to answer the limitations of this book will ensure greater diversity in their studies.

Taken as a whole, the book has managed to demonstrate that cognitive behavioral interventions can empower vulnerable individuals. It is an excellent introduction to cognitive behavioral interventions for empowering vulnerable populations, and it is the first of its kind. A foundation has been created for the identification of useful interventions and recommendations for future research have been outlined. Future researchers may build upon this work by identifying and evaluating other interventions and groups not discussed in this book or by finding the means to strengthen these interventions.

Maria Y. Hernandez, University of California, Berkeley

Nancy Folbre, *Valuing Children: Rethinking the Economics of the Family*. Cambridge, MA: Harvard University Press, 2008. \$45.00 hardcover.

Calls for acknowledging the economic value of so-called "women's work" were heard in the United States as far back as the days of Elizabeth Cady Stanton. More recently, popular works have highlighted the high "price" of motherhood paid by women and children in a society that discounts the economic contributions made by caregivers. At the same time, other authors bemoan the commodification of family life and outsourcing of caregiving activities to paid providers such as housekeepers, nannies, and dry cleaners. Is it possible to place a dollar value on caregiving without denigrating the importance of "giving" within families?

After reading Nancy Folbre's new book, this reviewer came away thinking, "Yes, it is!" Indeed, Folbre argues that because