

GWSCSW BOOK CORNER

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Review by Erin Gilbert

Outnumbered, Not Outsmarted!: An A to Z Guide for Working with Kids and Teens in Groups

By Cathi Cohen

GWSCSW member Cathi Cohen noticed a common trend following her attendance at many clinical conferences. If speakers were purely anecdotal or theoretical, she was hungry for more information, particularly about how to apply these anecdotes and theories. After some time, she concluded that in the field there is a dearth of simple and accessible clinical techniques and strategies.

Cohen began her social work career running groups, and she eventually started a group practice called In Step in 1995. In Step provides a range of services for kids, teens and parents, including around 40 therapy groups a week in its two locations in Fairfax and Sterling. When Cohen considered how to make a contribution towards the field's lack of simple techniques and strategies, she naturally reflected on her years of practice with groups, children

and young adults, and parents. Her third book, *Outnumbered, Not Outsmarted!: An A to Z Guide for Working with Kids and Teens in Groups*, is a product of her work.

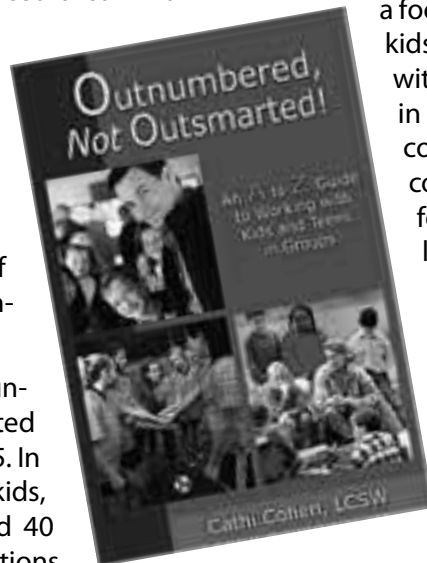
Outnumbered, Not Outsmarted! stays loyal to its title.

Each letter of the alphabet corresponds with a focal topic relevant to running groups for kids and teens. The letter "A" corresponds with anger and how to cope with anger in the group setting. Accordingly, "B" corresponds with bullying and "C" with cooperation. Cohen described how each focal topic are about 10 to 12 pages in length, and how each section contains a specific segment entitled "Try Saying This." Reminders about group practice are sprinkled throughout the book.

Cohen anticipates that most readers will find *Outnumbered, Not Outsmarted!* to be accessible and enjoyable. She noted that it is not a clinical textbook, but is appropriate

for clinicians who want to refresh their group skills, or for laypeople that run groups and need more information. She added that the topics don't need to be read consecutively and can be selected based on current group issues.

Cohen stated that she discovered around the letter "H" that she had begun an ambitious undertaking as the book covers such a variety of topics. She was writing mostly on Fridays because of her schedule, and in this manner, *Outnumbered, Not Outsmarted!* took her several years to complete. She currently is busy with other activities on Fridays, but perhaps realizations from future conferences might lead to inspiration for a fourth book from Cohen. ❖



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