to deal with the baby or child when he/she is displaying specific stress signals.

Part three (Chapter 12 - 18): These chapters describe the implementation of motor milestones in the development of babies and children. The focus is on rooting and sucking; rolling over; sitting; crawling; standing, cruising and walking; and walking and stopping. The development of socializing and play is also briefly discussed. Each chapter again describes how the specific milestones develop, identifies specific problems related to the various milestones not being met and gives general advice to parents on how to stimulate or support the reaching of these milestones. ‘BabyGym Moves’ and ‘Mind Moves’ exercises are also included to further guide parents in terms of practical activity ideas.

Comment on its relevance to South Africa:

There are so many books available these days on childhood and development and parents are often overwhelmed by the daunting task of deciding which book to buy and which book to read. This book is almost simplistic in the way it is written but makes for an easy, manageable read with practical guidelines for parents and/or caregivers. It does not claim to provide all the answers to all the questions new parents might have but it is a good starting point. It has enough valuable information to set new parents on the right course in terms of stimulation of their new baby and make them aware of signs to look out for in terms of delayed development. The author refers to the ‘BabyGym Moves’ and the ‘Mind Moves’ to promote development but also makes it clear that these are not intended to replace therapies, if they are needed, but rather to enhance and compliment them. This book was never intended for occupational therapists but rather for parents/caregivers as a practical guide in terms of childhood development and milestones. Care needs to be taken when recommending this book in view of some of the claims made.

Reviewed by:

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Title: Vocational Rehabilitation and Mental Health

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The book Vocational Rehabilitation and Mental Health highlights the complexity of unemployment amongst people with mental illness primarily in first world countries. The book is edited by an occupational therapist but aims to address the rehabilitation community in general, in order to better facilitate the practice of vocational rehabilitation for individuals with mental illness.

The first chapter introduces the theme of employment for individuals with mental illness. The chapter is written concisely and accurately highlights not only the negative implications of unemployment but also the value of employment for these people. The chapter concludes with key summaries related to evidence-based vocational programmes in a bid to alleviate the negative impact that unemployment evokes.

The following two chapters follow the theme of evidence-based programmes and introduce core concepts of various vocational approaches. The second chapter challenges the traditional belief that ‘training the individual before vocational placement occurs’ and presents the theoretical constructs related to the Individual Placement and Support (IPS) model. Chapter three is written in the form of a case study and focuses on the practical implementation of the IPS model. The research findings in both chapters are that the IPS model has shown significant success in terms of practical activity ideas.

Chapter eleven looks at how the symptoms of mental illness can interfere with employment outcomes and talks about various strategies to reduce the negative impact of symptoms. The penultimate chapter focuses on addressing the concept of supported education, specifically for individuals who experience disruption in their educational attainment as a result of mental illness. Strategies to facilitate supported employment in order to enhance the employability of these persons despite the disruption are discussed.

Chapter thirteen concludes the book by discussing how personal information for people with mental illness should be managed. The chapter highlights strategies to facilitate the client taking responsibility for deciding how their information should be managed.

Vocational Rehabilitation and Mental Health is an easy-to-read book and follows a systematic approach to each chapter, where the chapter begins by highlighting the problem associated within a specific theme and concludes with practical suggestions on how these barriers can be overcome. Although research quoted throughout the book is not generalisable to the South African context, the strategies presented appear logical and may guide our South African way of thinking when approaching the issue of employability of individuals with mental illness. However, with South Africa’s overwhelming issue of unemployment for both able-bodied persons as well as persons with disabilities, the true applicability of this book can only be ascertained by South African research within the paradigms presented in this book.

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