N orman Abeles, Ph.D., a long-time member of the Michigan Psychological Association, was recently granted the Award for Distinguished Senior Career Contributions to Psychology in the Public Interest by the American Psychological Association.

Abeles is presently Professor of Psychology Emeritus at Michigan State University, where he served as director of the psychological clinic and in various other capacities prior to retiring recently after 51 years.

In honoring Abeles with the award, the American Psychological Association noted that:

Norman Abeles has spent much of his professional and scientific career working in the public interest, particularly in the area of aging. A true visionary, he was instrumental in the formation of the APA Office on Aging and the APA Committee on Aging. While he was APA president in 1997, the brochure “What the Practitioner Should Know about Working With Older Adults” was prepared. Several thousand of these have been distributed, and the content was published in Professional Psychology: Research and Practice. Also during his presidency and with his guidance, APA’s Council of Representatives approved Guidelines for the Evaluation of Dementia and Age-Related Cognitive Decline (APA, 2010).

The Michigan Psychologist recently interviewed Norman Abeles by telephone at his home in East Lansing. He talked about his career and his life since he came to Michigan State University in 1957.

Abeles was born in Vienna, Austria and emigrated to the U.S. with his parents and brother prior to the annexation by Hitler’s Germany. He attended New York University at the University Heights Campus in the Bronx, where he became interested in psychology and majored in psychology, graduating in 1949. He began graduate work at the University of Missouri at Columbia, but transferred to the University of Texas at Austin, receiving his Master’s Degree in clinical psychology.

In 1954 Abeles was drafted into the U.S. Army and served as clinical psychology specialist at the Army psychiatric clinic. After his discharge he returned to the University of Texas, where he finished his doctorate, published his first three articles, and met his future wife, Jeanette Bueller. They were married in 1957 and Jeanette served as an academic advisor at Michigan State University.

“I got a job offer at Michigan State University in counseling,” Abeles said. “I came here in 1957. Soon after that I got a joint appointment with the Department of Psychology.”

While working with students in the counseling center, he also began teaching courses in neuropsychology and adult assessment. Subsequently, he also taught ethics courses. In 1978 he became director of the psychological clinic at Michigan State University and instituted a psychotherapy research program with clients willing to participate. Over the years since, Abeles and his students have continued doing process and outcome research in psychotherapy. More than 70 students completed dissertations under Abeles’ supervision during the 26 years he served as director. In 1981 he became co-director of the clinical training program.

Other noteworthy accomplishments in his long and illustrious career include serving as President of MPA in 1973 and editing the journal Professional Psychology: Research and Practice. He served several terms on the Council of Representatives to APA, followed by his election as president of the Division of Clinical Psychology and the Division of Psychotherapy. In 1997 he served as president of APA.

“The major accomplishment during my presidency,” Abeles said, “was to place an emphasis on aging. APA didn’t do much with aging before that and I helped to set up guidelines on dementia and aging. We also developed a brochure about what the practitioner should know about working with older adults.”

During that time, he also edited a book (Psychology and the Aging Revolution: How We Adapt to Longer Life), which was published by APA in 2000.

In addition, Norman Abeles served as President of Division 52 (International Psychology), and was appointed to the U.S. International Commission for the International Union of Psychological Science and served on the board of directors of the International Association of Applied Psychology. In 1995 and 2005 he was appointed by Congress as a delegate to the White House Conference on Aging.

Since retiring from MSU, he continues to publish (see “In the Public Interest: Intellectual Disability, the Supreme Court, and the Death Penalty” in the American Psychologist, November 2010) and serves on APA’s Publication and Communications Board. He also consults with the Office of Disability Adjudication and Review, often providing expert testimony in disability cases. He continues to serve on the board of directors of both Division 29 (Psychotherapy) and Division 12 (Clinical). One of his current projects with Division 29 is to help develop guidelines for psychotherapy by telephone. “I don’t think security is there yet to allow psychotherapy by telephone,” Abeles said. However, he concedes that technology has presented the field with new ethical problems which will take some time to sort out.

He said that he is not as savvy as a lot of people when it comes to computers and the Internet, but he does have a Facebook page. “It’s just to communicate with my grandchildren,” he says, “and I tell others I don’t want to be their friend.”

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The National Health Service Corps (NHSC) has just begun a new application cycle for their loan repayment programs! There is now more money available for loan repayment, there are more flexible options for completing service, and a percentage of work time can now consist of teaching not just direct service. For decades the NHSC has provided school loan repayment to health providers who agree to a specified length of service to underserved populations. This program was initially available to providers in primary health care. However, the program has expanded to include providers in mental health, of specific interest here, clinical psychologists.

This is a great opportunity to satisfy two needs at once, individual and community. Individually a psychologist can repay student loans while practicing in one’s chosen profession. Communities benefit because the program is designed to match health care practitioners with underserved populations. Underserved populations are determined by criteria established to meet the health professional shortage designation and are often declared in geographical areas such as rural, ethnic saturated areas such as Native American, and the ratio of providers to population—such as poor neighborhoods where there are few providers.

There are two things necessary to secure a loan repayment position with the NHSC. A practitioner, in this case psychologist, must qualify for the program. To qualify, you must be eligible to practice independently in the state where the loan repayment employment organization is located. In Michigan, this means that one has to be fully licensed. Although this might appear to present a stumbling block for those psychologists pursuing full licensure through the year of supervision and developing a career while working toward licensure, however, there are some ways to address this early in the post-doctoral employment selection process which is addressed below.

The second necessity is that the organization where the psychologist works must qualify for NHSC loan repayment designation. Such an organization must be located in a designated health professional shortage area and must meet certain other organizational criteria such as serving low income populations, providing access — including financial access — to services. Organizations may provide access through pro bono work or a sliding fee scale. The National Health Service Corp keeps a list of designated health professional shortage areas, qualifying organizations, and open loan repayment positions.

Early psychologists can develop a wonderful niche by considering a career in a health professional shortage area. By considering this early enough in the job search, it is possible to line up a position, begin work prior to the loan repayment program kicking in, and take advantage of the loan repayment as soon as full licensure occurs. If you are looking or will soon be looking for a position, please consider going to the NHSC website NHSC.hrsa.gov and combing through the qualifying organizations and open repayment positions to see if you might have interest in pursuing this opportunity.

Deb Smith can be reached at dls40@aol.com.
The Michigan Psychological Association continues to represent the interests of all psychologists and the highest standards of mental health prevention, treatment, advocacy, and research. In 2010 MPA’s advocacy efforts resulted in public laws and policies including raising reimbursement rates within a state program, protecting the psychology scope of practice, continuing to play a significant role in the quest for mental health parity for all citizens of Michigan, a state-mandated anti-bullying law, legislation to codify juvenile competency to stand trial, LGBT equal protection, second parent adoption, coverage for autism treatment, and providing input into the establishment of a meaningful continuing professional competency program for licensed psychologists, under the Board of Psychology.

All of these and more are MPA points of pride in what the association provides. We have informed you of many of our activities on behalf of these issues during the year. Sometimes we ask the MPA membership to become involved and contact legislators. Sometimes, however, the issues are such that it is best to inform you of our successes after the fact, rather than keep you informed of our activities, partners, setbacks, and successes as we have done with issues such as mental health parity.

Our role in influencing the legislation is one such instance. We hope to be able to tell you in the next several months of other such advances we have achieved on your behalf.

MPA Looks Out for Psychologists’ Needs

House Bill 5667 amends Public Act (P.A.) 223 of 1989, which provides for the Crime Victim’s Rights Fund, increases victim compensation amounts, and expands reimbursable services. The legislation increases the victim compensation maximums and the fund obtains revenue from assessments imposed on individuals convicted of felonies and some misdemeanors. The victim award maximum would increase from $15,000 to $25,000; the funeral expense maximum would increase from $2,000 to $5,000; the weekly lost wage maximum would increase from $200 to $350. Furthermore, grief counseling costs would be separated from the funeral maximum and reimbursed at a maximum of $500, and grief counseling coverage would be expanded to include grandparents and grandchildren. Crime scene cleanup costs would be covered, at a maximum reimbursement of $500.

Most importantly to us, the psychological services maximum increases from 26 hours with an hourly rate of $95, to 35 hours with an hourly rate of $125. Rates for other service providers did not increase. We are grateful to our legislative advocacy team, and especially to lobbyist Sandi Lewis for working hard to enhance the reimbursement rate for psychologists.

According to the Crime Victims Services Commission (CVSC), funds under the Crime Victims’ Rights Fund can be accessed as follows:

- A victim must file a compensation claim with CVSC. Once that application has been filed, a provider can submit itemized medical bills, initial assessment, and a goal-oriented treatment plan.
- If the victim has insurance including Medicaid/Medicare, the victim would need to seek treatment with a participating provider within their insurance network. CVSC covers medical expenses that are not covered by other insurance.

For more information about how to assist your patients who have been victims of crimes to receive benefits under the Crime Victims’ Rights Fund, including services provided by a psychologist for 35 sessions at $125, go to www.michigan.gov/crimevictim. If you would like to receive brochures to educate your patients about this program or have additional questions, call Janine at (517) 334-9182.

As always, I welcome your input, questions and concerns about MPA’s advocacy program. Please contact me at ExecutiveDirector@MichiganPsychologicalAssociation.org or call me at 248-302-6774.

Upcoming CE Programs

Friday, February 4, 2011
The Court-Involved Therapist:
Ethical Dilemmas & Pitfalls
Speaker: Larry M. Friedberg, Ph.D.

Friday, August 8-9, 2011
MPA Spring Convention
Schema Mode with Borderline Personality Patients
Speaker: Jeffrey Young, Ph.D.

Friday, June 10, 2011
What a Practicing Psychologist Should Know About the Licensing Board
Speakers:
Dane VerMerris, Ph.D., Chair, MI Board of Psychology
Jeff Andert, Ph.D., Chair, MPA Licensure Committee
Alan Rogalski, JD, Warner Norcross & Judd LLP

Friday, September 23, 2011
Introducing the Rorschach Performance Assessment System (RPAS): Basic Clinical Training
Speaker: Robert Erard, Ph.D.

Saturday, December 3, 2011
Ethics
Speaker: Steven Behnke, Ph.D.
If you weren’t at Oakland Hills Country Club November 7 when MPAF had a really fabulous fundraiser honoring Gail Katz (Outstanding Mental Health Advocate Award) and Brenda Rosenberg (Distinguished Achievement Award), you really did miss something important. It was a significant event in MPAF’s — and, therefore, MPA’s — fundraising efforts. Kudos to MPA member Charlotte Robson and Lova Khoram, who chaired the event, and special thanks to the business and private donors to our silent auction. I list these supporters not only because I said I would, which I did, but because you should know who the supporters of your MPA are. Next year we’ll do a better job, with apologies to those who would have said yes had we reached them. But in the meantime you should know Team 2010. They are:

Alex Pietersen, Artist  
Balloon Quest, Inc.

Beverly Hills Club Photographer  
Ceresnie & Offen Fur Group

Detroit Institute of Art  
Detroit Red Wings  
Diana Popp

The French Laundry Restaurant  
Lisabeth Lobenthal, Jewelry Designer

Lolly Ella Jewelry and Accessories  
Lova Khoram

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Richard Fox  
Ricki Nederlander  
Robert Erard

Roberts Restaurants  
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Zingerman’s Deli

Anonymous Donors (3)

And we thank them.

In a few months, we will be honoring Prof. Bill McKeachie — one of U of M’s gifts to the field of psychology. It is your opportunity to say “thanks” and pay honor to a truly outstanding colleague, while at the same time supporting MPAF — YOUR foundation.

And here is a recent great and true story: A professor offered to donate the profits from the sale of his textbook. The only condition: Donate the proceeds to a mental health organization. The result: a donation to MPAF!

What creative ways can you think of to help us raise money?

Look at what your contribution pays for:

- MPAF provides you with the annual conference and all of the educational programs. Look for an announcement soon of new programs and new concepts in educational programs, including programs addressing the psychological needs of returning vets, and soon a program for the psychological needs of families of deployed troops.

- Our flagship Michigan Program for Informed Public Policy (MPIPP), providing science-based research to effect public policy on LGBT issues.

- Our parenting program in the Sioux for Native American mothers.

- Our public education programs and our online depression screening program.

These are just the beginning! Continue to support our fundraisers; support MPAF, and in doing so, you’ll be supporting MPA and helping both yourself and your profession. But remember that when you seek to raise funds, you yourself have to first be a contributor.

Here’s how you can be a contributor:

1. Donations may be sent to the following address:

   Michigan Psychological Association Foundation  
   124 W. Allegan St., Ste. 1900  
   Lansing MI 48933

2. To make a contribution using a credit card, please contact Holly at 517-347-1885.

A contribution in any amount will help MPAF to create new programs and initiatives that reflect the mission of the organization. The MPAF is a 501(c)(3) non-profit organization. Please check with your tax advisor to determine if your donation may be claimed on your income taxes.

For more information on MPAF, contact MPAF’s (and MPA’s) Executive Director, Dr. Judith Kovatch, through the MPA office or Richard Lobenthal at loben-vach@msn.com or by phone at 248-855-2289.

Welcome to New Members of MPA!

REGULAR MEMBERS

Doctor/Full License  
Yvonne Connelly, Ph.D. (DeWitt)
Patricia Lyman, Ph.D. (Portage)
Hope Gawlowski, Psy.D. (Holt)
Carolyn Heineman, Ph.D. (Portage)

Limited License  
Susan Danielson, Psy.D. (Ann Arbor)
Andrea Morrison, Psy.D. (Lansing)
Barbara Fisher, Ph.D. (Washington)

STUDENT MEMBERS

Student Affiliate Member  
Benjamin Bennett-Carpenter (Bloomfield Hills)

Student E-Member  
Jieun Lee (Commerce Township)
Once again, MPA’s Program Committee has arranged a stellar lineup of conferences and workshops for next year.

The exciting array of new programs for the membership begins on February 4, 2011, when long-time MPA member Larry Friedberg, Ph.D., will be the featured presenter in a workshop entitled *The Court-Involved Therapist: Ethical Dilemmas and Pitfalls* at VistaTech Center at Schoolcraft College.

“Larry Friedberg is a forensic psychologist,” says out-going Program Committee Chair Carol Schwartz, Ph.D., “who can help the non-forensic psychologist if there is a necessity that you will be involved in court. Larry has wide experience writing reports for court as well as an expert witness in court.”

The Annual Spring Conference will be held on April 8 and 9, 2011 at the Henry Center in East Lansing and will be highlighted by a workshop called *Schema Mode Therapy with Borderline Personality Disorders* with Jeff Young, Ph.D.

“We are lucky to be able to have the founder of Schema Mode Therapy to teach us a new therapy technique with some of our most difficult patients,” says Carol Schwartz. “Last year we learned about personality disorder and this year we can expand our practice ability.”

On June 10, 2011 the Program Committee has lined up a half-day conference called *What a Practicing Psychologist Should Know About the Licensing Board*. The speakers presenting in this short, but important conference will be Dane VerMerris, Ph. D., Chair of the Michigan Board of Psychology, Jeff Andert, Ph. D., Chair of the MPA Licensing Committee and former President of MPA, and Alan Rogalski, J.D., with Warner Norcross & Judd, and will be held at the Okemos Conference Center in Okemos.

Schwartz points out that this will be “a chance to understand the licensing laws and procedures and how it affects us psychologists every day.”

On September 23, 2011, Robert Erard, Ph.D., is the speaker in a program called *Introducing the Rorschach Performance Assessment System (RPAS): Basic Clinical Training*.

“We are very fortunate to be one of the first groups to be able to present the newest scoring system for the Rorschach,” Schwartz says. “Dr. Erard is one of the authors of this new technique and this will be a great workshop for dedicated Rorschachers as well as psychologists who have not used the Rorschach since graduate school. This new scoring system is science based and can be learned easily.”

Finally, the year will end with a December workshop on Ethics, featuring a popular presenter, Steven Behnke, Ph.D. The title hasn’t been determined yet, but this Saturday conference will be held at the Kellogg Center in East Lansing.

To comment on programs for 2011 or beyond, contact the incoming Program Committee Chair, Christopher Sterling, at miles702@mac.com.

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Support the Michigan Psychological Association by shopping Amazon.com now via our Amazon affiliate link on the home page of our website, www.MichiganPsychologicalAssociation.org. You can buy anything Amazon has to offer by using our link, and MPA will receive a portion of the purchase price. This costs you nothing but a click to go to the MPA website and a second click to go to Amazon.

Last quarter, MPA got a check from Amazon for $102.26, our affiliate refund for $1,770.85 in Amazon purchases from January 1, 2010 through June 30, 2010. The total spent is less than $2.00/member. It is very likely that the per capita spending on Amazon for MPA members is significantly higher than $2.00 over a six-month period.

Please do your part in raising non-dues revenue for MPA at no cost to you. Just click on the Amazon link from the MPA website. And remember, you can shop in many other stores through Amazon and MPA will get a percentage of those purchases too.
Ahh, listening to the sounds of Gershwin on the banks of beautiful Higgins Lake. Well, perhaps not Gershwin exactly, but an original adaptation of their famous “Let’s Call the Whole Thing Off” by Robert Erard, Ph.D.

Better known as “The Assessment Song,” it was one of the memorable moments of this year’s Rustic Retreat. Erard’s presentation on working with divorcing and divorced families was incredibly useful and induced just enough anxiety to motivate one to make appropriate changes in their approach to working with this complex population. Not to be outdone, Eric Willmarth, Ph.D., first “entranced” us with his presentation on the uses of clinical hypnosis, and then did so again with his smooth baritone voice and guitar-playing skills around the campfire. Rounding out the presentations was a thought-provoking video and group discussion about the impact of emotional abuse on all family members by Karen Colby Weiner, Ph.D.

It was wonderful to see familiar faces as well as many new ones. This may be the first year where the “non-rural” psychologists outnumbered the rural ones—growth is good! As in years past, we also enjoyed a wine tasting from a local merchant, s’mores, and MSU’s glorious win over U of M (hey, I write the article so I can support any team that I want 😊). We already have the date set for next year’s Retreat and hope you can join in the festivities. It will be held again at the Ralph A. MacMullan Conference Center in Roscommon (www.michigan.gov/ramcenter) from October 14-16, 2011. Also, please watch the MPA website for upcoming information on MPA’s Annual Spring Rural Networking Event as well as the Rustic Retreat. Please e-mail me with any suggestions you may have for speakers, topics, and venues at gedeonsr@gmail.com.

As a heads-up to next year’s Rustic Retreat attendees, Delia Thrasher, Ph.D. (MPA’s Membership Chair) proposed a challenge to those at the campfire. She will bring a gut bucket if three other people bring different musical instruments. If you aren’t sure what a gut bucket is, then prepare to be delighted!

You can contact Stacey R. Gedeon, Psy.D., MPA Secretary and Rural Affairs Committee Chair, at gedeonsr@gmail.com.
As 2010 closes, the Michigan Project for Informed Public Policy (MPIPP) has accomplished many of our planned activities. We feel good about that. However, based on the reported suicides of several young people in the past year who were LGBT (or perceived to be), we still have much to do. Fortunately, the MPA Foundation has received two additional years of funding by the Arcus Foundation to continue our work.

Increase volunteer base
MPIPP was able to increase the number of volunteers from about 100 to almost 150 in 2010. This increased outreach enables us to tap the expertise of mental health professionals across the state. We hope to continue to grow the list of experts in the coming year. We count on volunteers to provide educative testimony, write op-eds and letters to editors, testify at legislative hearings, and do community-based education and training. If you are interested in volunteering, please contact us at comm@mpipp.org.

Enhanced collaborative efforts
MPIPP has initiated outreach activities with community organizations and responded to requests for participation. Our role is to serve as a source of accurate research information to help combat negative perceptions or information campaigns. By providing science-based research information to counter anti-gay myths, MPIPP played an important role in the Kalamazoo ordinance campaign. We are poised to offer similar assistance to other areas as needed. For example, Holland and/or Traverse City are considering similar non-discrimination ordinances. Although we cannot be advocates, we are able to fill an educational niche that is needed as they move forward. MPIPP also participated in conferences sponsored by the National Institutes of Mental Health and the American Psychological Association.

Improved communications
One of the major goals of MPIPP in 2010 was to improve communications. We have totally revamped the MPIPP website (www.mpipp.org) to serve as a clearinghouse for LGBT research and information. The website now includes research on LGBT-specific issues (including APA-authored reports), fact sheets, copies of op-eds written by MPIPP, links to a number of organizations and publications, and statements made by numerous professional associations. We encourage you to check out the MPIPP website and come back often for new information as we update the site frequently.

We also have started publishing a more professional newsletter (also contained on the website). The newsletter is distributed via e-mail in a format that makes it easy to read either online or on-the-go with your smart phone. If you would like to be added to the mailing list, just e-mail me at comm@mpipp.org.

Legislator/Policymaker Education
The year 2010 also was extraordinary for elections in Michigan state government. Every seat in the legislature, the governor/lieutenant governor, attorney general, secretary of state, and several Michigan Supreme Court judge positions were open for election. All previously introduced legislation expired with the last legislative session and will have to be re-introduced in 2011. To prepare legislators to vote on legislation affecting the LGBT community, such as anti-bullying, second parent adoption, and equal protection, MPIPP will be preparing information packages for new legislators as part of our educational mission.

Know Us Project
We are putting the finishing touches on an educational program, the Know Us Project (KUP) based on Gordon Allport’s contact hypothesis. Our next column will describe this program in more detail. If you work with LGBT patients, you may be very interested in this innovative program that is catching some national attention.

Goodbye and good luck!
Lastly, we are sorry to report that Sara Van Wormer has left MPIPP. Sara moved from a part-time to a full-time position teaching psychology at Macomb Community College. Sara helped to build MPIPP and was the “face” of our work in Michigan in the last two years. We wish her all the best in her new position.

We hope to introduce you to a new program coordinator in the next edition of The Michigan Psychologist!

The position description is elsewhere in this newsletter. If you are interested in applying for the half-time position, please send your CV to Dr. Judith Kovach at mpadpa@msn.com.

For more information or to comment on this article, e-mail Judith Kovach at mpadpa@msn.com.

Opportunity for a Christian Psychologist (LP)
Opportunity for a Christian Psychologist (LP) in private practice in Alma, Michigan 1-2 days a week to start. Psychotherapy with children, adults, couples. Psychological testing and evals. Ongoing referrals available, 70/30. Send vitae to sermic@frontier.com or fax: 989-463-6390.
ORGANIZATION DESCRIPTION:

MPIPP is a public education program that shares social science and psychological research with policy makers, organizations, and the general public about the mental health consequences of stigma and social and legal discrimination against people who are lesbian, gay, bisexual, or transgender.

MPIPP is a project of the Michigan Psychological Association Foundation and is primarily funded by a grant from the Arcus Foundation.

Additional organizational information may be found on our website at www.mpipp.org.

POSITION TITLE:

This position description is for the Project Coordinator.

EDUCATION:

Qualified candidates must possess a Masters Degree or Ph.D. in psychology from a school approved by the Bureau of Health Professions, Michigan Department of Community Health.

SALARY:

This is a half-time contractual position (subject to IRS 1099 reportable income) and is subject to continued funding from the Arcus Foundation. The pay per hour is commensurate with education and experience.

It is the responsibility of the MPIPP Program Coordinator to prepare and submit monthly invoices for approval by the Project Director.

SKILLS and CHARACTERISTICS:

Qualified applicants should have the following:

Communications skills:

- Excellent written and oral communication skills with audiences of differing educational and socio-economic levels.
- A congenial personality that can work with many different personality types.
- Ability to appropriately handle negative feedback that may come from anti-LGBT sources.
- Ability to respond well to different communication styles.

Team member skills:

- Excellent organizational skills. The ability to quickly organize information is important. In addition, there are often many small projects and meetings going on at the same time so tracking status and managing time are critical to success.
- Ability to work as a valued team member of a small team of professionals.
- Ability to tolerate frustration well (I.e. how long it can take to see tangible progress in policy).
- Ability to function semi-independently with varying amounts of supervision, depending upon tasks.
Michigan Project for Informed Public Policy (MPIPP)
Job Description: Project Coordinator

- Ability to understand and interpret lines of authority and responsibility within the small MPIPP team while maintaining flexibility to provide assistance to other team members and volunteers as needed.
- Good self-care skills.

Flexible Schedule:
- A flexible schedule (within reason) to respond to last-minute requests to compose a document, make a presentation, attend a meeting, etc.

TASKS:
Tasks include, but are not limited to, the following:

Research:
- Summarize large amounts of research into documents and presentations that include statistics/facts/arguments that are convincing and well-understood by the general public. Example: Develop educational information for presentation to Michigan legislators (typically in committee structure).
- Read, interpret, and summarize social science and psychological research for use by the MPIPP communications coordinator for MPIPP publications. Examples: Fact Sheets, MPIPP newsletter, MPIPP website. Examples of these are available at: www.mpipp.org.

Presentations:
- Present research (orally and in writing) for educational purposes to policy makers, other organizations, and the general public. Example: Educational presentation to legislative committee in response to anti-bullying legislation about the effects of bullying on LGBT youth.

Meetings:
- Represent MPIPP by attending meetings of various organizations, including collaborative efforts of several organizations, throughout Michigan and present research and participate as needed. Example: Attend annual Michigan Summit meetings (in Lansing) or quarterly meetings of Unity Michigan.
- Attend community meetings and advise MPIPP team of local or advocacy organizational concerns and actions. Example: Following a meeting, write a quick email update memo to the MPIPP team regarding significant discussions, concerns, or actions at meetings of local communities that are considering adopting non-discrimination ordinances.
- Offer expertise of MPIPP, where appropriate, for advocacy efforts. Example: Offer educational information presentations to local school districts that are considering establishing anti-bullying policies.
- Consult with MPIPP program director as needed to determine whether meetings are needed with various organizations. Explanation: Due to the nature of this work, it is easy to become engaged in too many meetings. Knowing when to consult about meeting attendance and the nature of the participation helps to effectively direct limited time and resources.

Review and comment:
- The communications coordinator will prepare various communications for distribution that contain research summaries, data, and statistics. The project coordinator will review these before publication to determine accuracy and that the emphasis is properly placed within multiple sets of information. Example: Review newsletter content for accuracy.
Training:

• Be able to offer training and to train facilitators in MPIPP’s Know Us Project (KUP), as requested. **Example:** Offer KUP training at a community college.

Volunteer activities:

• Recruit volunteers and maintain MPIPP volunteer database, including contact information and areas of interest/expertise. **Example:** When attending conferences of mental health professionals, solicit potential volunteers.

• Call upon volunteers as needed for specific activities, coordinate activities, provide program/project background information if needed, and prepare reports on volunteer activities for annual report. **Example:** Contact volunteers to offer additional educational information at legislative committee hearings or to offer training at local schools.

**TRAVEL:**

Some travel is required to attend meetings and conferences. Travel expenditures are compensated under policies of the Michigan Psychological Association Foundation. Occasional overnight travel may be required and advance approval is required.

By Julie Pech • New York: John Wiley & Sons, Inc., 2010

Review by James Windell, M.A.

My father spent 10 years of his life working in a Detroit candy factory. Years later he would brag that he ate a pound of chocolate candy every working day of those 10 years. But that was before I was born.

When I was about nine, my parents, inspired by my father’s expertise acquired in the candy factory, opened up a candy store of their own. They made their own candy in the back room, and their specialty was chocolate-covered crème delights. My sisters and I helped out in the store, although the back room was my favorite place to hang out after school. I can vividly recall the slabs of dark, rich chocolate they bought which were melted in large copper kettles in which they dipped crème centers.

It was during their ill-fated entrepreneurial enterprise that I truly learned to love chocolate. I mean all things chocolate. Peanut clusters, caramel-covered chocolate, mint-flavored chocolate. Even bits of chocolate—dark or light—broken off from those large slabs. My love has never wavered. I don’t know how many pounds of chocolate I continue to eat every month. But I suspect that I am helping to pull up the national average in this country of 12 pounds of chocolate consumed by every one of us each year.

All of which explains why I eagerly jumped at the chance to review Julie Pech’s new book “The Chocolate Therapist.” Not that I have a weight problem because of my compulsive eating of chocolate (being a runner helps!), but I have to confess that I’ve had many twinges of guilt over my excessive chocolate consumption. So, with Hershey chocolate bars in hand, a few chocolate chip cookies nearby, and a steaming cup of cocoa, I started reading this book. Maybe, I thought, I could give up my guilt and go on enjoying my wicked pleasure.

Early in the book—in fact, in the introduction—Ms. Pech pointed out that there is now well-established research that confirms that chocolate has a variety of health benefits for the body. Among these are mood-lifting neurotransmitters and powerful antioxidants. Sensing relief already, I quickly consumed a chocolate bar ready to become a true believer that every bite of chocolate meant I was doing something nice for my body.

As I continued to read this book, I learned other things about chocolate I didn’t know. For instance, it was the Maya who left the clearest documented record of its use, and that was more than 1,500 years ago. Also, that early explorers of the New World likely took the valuable cocoa bean back to Spain and the rest of Europe. Initially, the Spanish and other Europeans drank cocoa as a beverage. But it became so popular that it was the preferred drink of wealthy Europeans. It wasn’t until about 1765 that the beverage was introduced in America.

The cocoa bean got a big boost in the 1820s when a Dutchman by the name of Coenraad van Houten invented a hydraulic press that could compress the cocoa bean, extract the fatty oil, and end up with a solid block of chocolate. That led to such people as Milton Hershey founding candy companies to make and sell the popular treat in a form other than milk or cocoa.

But in the last few decades, chocolate in the form of candy bars and other chocolatey candies have gotten a bad rap. It’s supposed to be one of those dietary items we are supposed to avoid because we all know we should eat vegetables and fruits every day and that sugary, sweet treats, such as chocolate, should be banned from our diets. But, wait. Ms. Pech, who has a degree in psychology and is a nutrition expert, points out that cocoa comes from the seeds of a fruit tree—the cocoa tree. And that’s what makes cocoa so powerful as an antioxidant. Compared to all those other antioxidants that rid our bodies of those evil free radicals, chocolate has one of the highest levels of antioxidant qualities per gram of any food measured to date. Chocolate is better for us than prunes, red wine, Brussels sprouts, pomegranate, or blueberries.

Furthermore, the author points out that chocolate contains minerals, vitamins, fiber, and protein. Its most prevalent minerals are magnesium, copper, potassium, and calcium. However, most chocolate candy we buy does contain large amounts of harmful fats and sugar. That means you have to read labels to make sure you get the most healthy chocolate. A little time spent with this book and you will be able to choose healthy forms of chocolate.

My father?

He was 80 when he died, and he didn’t die from obesity-related illness, nor was he diabetic. But I attribute his “early” demise to switching from copious amounts of chocolate to ice cream and cake in the last 20 years of his life.

Me? I’m no longer going to hide chocolate in my bedside table or feel guilty about raising the national average. I plan to continue to eat chocolate like its going out of style. All the time I’m downing chocolate delights, I will be secure in the knowledge that every time I eat chocolate I am ridding my body of free radicals, and taking in important vitamins and minerals.

To contact Jim Windell or comment on this review, e-mail Jim at jwind27961@aol.com.
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