Motivational Interviewing Focus of MPA'S Annual Spring Convention

James Windell, M.A.

Recognizing that one of the most common frustrations for clinical psychologists in working with clients is resistance to change, Sylvie Naar, Ph.D., presented an all-day workshop on Motivational Interviewing at the MPA Annual Spring Convention on April 26, 2019, at MSU's Henry Center in Lansing. Dr. Sylvie Naar, Distinguished Endowed Professor of Behavioral Sciences and Social Medicine and the Director of the Center for Translational Behavioral Research at Florida State University, emphasized that Motivational Interviewing is a method of communication to increase intrinsic motivation and overcome roadblocks to behavior change.

Using various techniques to engage her audience, Dr. Naar led the near-capacity audience to better understand use Motivational Interviewing skills. The object was to help psychologists be prepared to integrate Motivational Interviewing into their practice.

During the lunch hour, annual awards were given out and the MPA Annual Meeting was held. Receiving MPA Fellow Awards were Elizabeth Bruning, Ph.D., Howard Moore, Ph.D. Douglas Park, Ph.D., Krishna Stilianos, Ph.D., Dianne Webb, Ph.D., and Gerald Williams, Ph.D. The MPA President's Award was presented to Barbara A. Foley, Ph.D., for her outstanding contributions over the years to MPA and to abused women and their children. The Farmington Hills psychologist was described as running an "underground railroad for abused women and children." In her remarks in accepting the President's Award, Dr. Foley said that she feels "deeply honored to be able to make a difference the lives of others." And she told psychologists in the audience that they, too, have the power to make a difference for others.

(To comment on this article, contact Jim Windell at jwind27961@aol.com)

FROM THE OFFICE OF THE PRESIDENT
Tour of the MPA Strategic Plan

Elissa H. Patterson, Ph.D
President

2019 is an exciting time for MPA, as we continue to move from a strong person-to-person, paper-based organization to a strong person-to-person, digital organization. Those of us who knew life prior to hyper-digitalization can appreciate the benefits of these two worlds, and MPA is fortunate to have many talented early career psychologists helping the many of us from the pre-digital era to capitalize on the strengths of both.

The seeds of this growth were planted several years ago when MPA (under the leadership of then President of the Board, Dr. Dane Ver Merris, and Executive Director, Mr. LaVone Swanson) enlisted a professional consultant to review the organization's values, mission, vision, and goals. A comprehensive Strategic Plan resulted and MPA
has been operating from that plan for the last four years. This column, thanks to a thoughtful suggestion from Dr. Joy Wolfe Ensor (MPA President-Elect), is a short-version MPA annual report following the structure of the recently updated MPA Strategic Plan.

**Mission:** The Michigan Psychological Association's mission is to improve the health of the people of Michigan by advancing the science, education, and practice of psychology.

**Vision:** The Michigan Psychological Association will be the primary professional home for Michigan psychologists by providing legislative advocacy, continuing education, professional networking, and promotion of health service psychology.

The core values that unify the MPA community are:

*Excellence, Integrity and Ethical Conduct, Diversity/Multiculturalism, Interdisciplinary Collaboration, and Evidence-based practices* (According to the 2006 APA Presidential Task Force, Evidence-Based Practice is “the integration of the best available research with clinical expertise in the context of patient characteristics, culture, and preferences”).

From the foundation of those values, vision, and mission, six goal areas that comprise the **MPA Strategic Plan** have emerged:

1. **Financial viability:** We owe a great debt of gratitude to our Treasurer, Deb Smith, who will be completing 13 years of service to the board at the end of this year. Under the leadership of Dr. Smith and Executive Director, Mr. LaVone Swanson, MPA continues to be financially stable and in the black. MPA is actively recruiting nominations for a new Treasurer to start in 2020 and carry on Dr. Smith's tradition of excellence.

The MPA Foundation will benefit from Dr. Smith's ongoing stewardship as she continues to serve as president of the MPA Foundation. With Dr. Kristin Sheridan (MPA Past-President and member of MPA Foundation Board of Directors), the foundation is about to kick-off a $10,000 fundraising campaign to support research by psychology graduate students from diverse backgrounds that are historically under-represented in the field of psychology. Keep an eye out for more information from them about how to participate in this forward-looking pro-social initiative to invest in our collective future.

2. **Non-dues revenue:** Your membership dues provide the bulk of MPA's operating budget. Thank you for your continued support! Part of the role of our Executive Director is to bring his expertise to seek additional financial revenue streams to support MPA's growth and initiatives in accordance with our mission. Thanks to Mr. Swanson's efforts, advertising and collaborative relationships with the Trust and Amazon create opportunities for members to support MPA with minimal effort. The link to [Amazon.com](http://Amazon.com) that you find at the bottom of the MPA home page is activated to provide a portion of proceeds to MPA whenever an Amazon purchase is made through that link.

Another source of non-dues revenue is continuing education, which is a large part of the professional development opportunities offered by MPA.

3. **Membership:** Growing MPA membership continues to be a priority as MPA aims to be a true representation of the voices of all psychologists in Michigan. We are pleased to announce that Dr. Molly Gabriel-Champine, PhD, has joined the MPA Board of Directors as Chair of the Membership Committee. She will be building on the outstanding efforts of outgoing Chair, Dr. Delia Thrasher, to whom we are deeply grateful for her service, dedication and perseverance during her 8-year tenure. Dr. Gabriel-Champine is the Director of Behavioral Science Education and Director of Scholarly Activity in the McLaren Bay Region Family Medicine Residency in Bay City, MI. We welcome her and look forward to her perspectives as a trailblazing ECP health psychologist.

4. **Professional Development:** MPA continues to expand opportunities that address the needs of members at various stages in their careers from graduate students to early, mid-and mature-career psychologists. We believe in the synergy that develops from mature wisdom partnered with early career vision and enthusiasm. MPA has multiple active and emerging partnerships along these lines.

The 2019 implementation of continuing education requirements for license renewal (per LARA and the Board of Psychology) has made MPA’s continuing education programming even more relevant and valuable for all licensed psychologists in Michigan. Under the leadership of Program Committee Chair, Dr. Chris Sterling, with support from Mr. Swanson, and other sponsoring committees, MPA provides programming for all the required areas, across a variety of platforms and geographical
locations. For those who like to complete CE credits in pajamas, watch for an increasing number of online offerings available from MPA in partnership with the National Register and the Trust. See the MPA home page for upcoming events.

5. Brand Visibility: The MPA Communications Committee, under the leadership of Chair, Dr. Antú Segal, continues to promote MPA's "brand" via a robust social media presence. Dr. Segal is also proposing improvement to the MPA website to enhance its utility to members and consumers alike. MPA members who know the organization well have deep roots, and we aim to expand public awareness of the benefits that MPA brings to non-member professionals and the general public alike.

6. Advocacy: This year, on the initiative of Dr. Joy Wolfe Ensor, we are highlighting advocacy as its own strategic goal. There are too many advocacy issues in the pipeline to list them all here, ranging from engaging with insurance entities to advocating for improved access to psychological services at the state and federal levels. However, the guiding principle of our advocacy is promoting conditions to maximize the contributions that the field of psychology can contribute to the public good.

I hope this whirlwind tour of the main strategic goals has been helpful. As a member-based organization, our ambitious goals depend on member involvement. If you are interested in learning more, please know that our board officers and committee chairs have open doors for communication with members.

Reference:

(To comment on this article, contact Elissa Patterson, Ph.D. at ehpatter@Med.Umich.edu.)

Current Initiative of the MPA Ethics Committee

Olivia Gratz, M.S. and the MPA Ethics Committee

The Michigan Psychological Association (MPA) Ethics Committee is leading an initiative to construct a database for ethical issues brought to the Ethics Committee. The purpose of this initiative is to develop greater awareness of the ethical concerns present within the Michigan psychological community.

When members of the psychological community contact the Ethics Committee, the Committee confidentially collects, records, and stores specific information regarding each case. For instance, when an individual contacts the MPA Ethics Committee for assistance, the committee gathers the following information, including but not limited to: (a) whether the contact person is a psychologist or non-psychologist; (b) MPA membership status; (c) the nature of the individual's contact (i.e., inquiry, complaint, conceptual question); (d) if a complaint, the name of the respondent; (e) a summary of the communication; (e) if a complaint, the ethical violation(s) associated with the complaint; (g) recommendations; (h) disposition (e.g., provided education, referred to LARA, requested additional information); and/or (i) directions or in extreme cases, possible sanctions.

With the information we are collecting, we track statistics and trends for ethical inquiries, conceptual questions, as well as formal complaints. We are able to identify whether the inquiries, questions, or complaints resulted in education, referrals to LARA or other regulatory agencies, and/or a formal investigation conducted by the Ethics Committee.

The analysis of the data will identify specific domains of ethical concerns in Michigan and assist in determining any significant trends in concerns or complaints about Michigan psychologists. We hope that the information collected will also shed some light on common misunderstandings, topics causing confusion for practicing psychologists, and areas of potential risk for psychologists. Based upon the information we obtain, we plan to develop recommendations for ways MPA members can avoid ethical dilemmas, or resolve ethical complications in professional clinical practice, as well as methods to address the current state of ethical issues for psychologists in Michigan. Furthermore, we strive to determine the needs of Michigan psychologists and how MPA membership benefits psychologists in improving ethical practice.

(To comment on this article, contact Alan Lewandowski, Ph.D., Ethics Chair at:}
Executive Director's Report

Advocacy, PSYPACT and CE Programs

LaVone Swanson
Executive Director

Welcome to Summer. It's been a long time arriving, but MPA has been busy with Advocacy efforts, CE Programing and a number of other Association items.

Advocacy Update

As expected, the Michigan Mental Health Counselors Association had a bill (HB 4325) introduced by Rep. Aaron Miller to change the LPC scope of practice. The bill is virtually the same as the bill (HB 5776) introduced in the last legislative session that would allow all counselors regardless of their specific training in diagnosis and treatment of mental and emotional disorders to treat those disorders. MPA Lobbyist Sandi Jones and Judith Kovach, MPAs Director of Professional Affairs, met with Rep. Miller to discuss our concerns. He expressed interest in addressing those concerns.

Suicide-related Legislation

SB 228: Creates a suicide commission. We reviewed the bill, confirmed inclusion of psychologists, and supported the bill at the Senate Health Policy hearing.

Psychology Interjurisdictional Compact (PSYPACT)

MPA is in the process of writing a grant for Legislative support to advance PSYPACT legislation here in Michigan.

On April 23rd, 2019, with Georgia Governor Brian Kemp signing GA HB 26 into law, PSYPACT is now set to become operational. To become operational, a minimum of 7 states were needed to pass legislation in support of PSYPACT and Georgia made that official.

What Is PSYPACT? Created by the Association of State and Provincial Psychology Boards (ASPPB), PSYPACT is an interstate compact that facilitates the process of psychology using telecommunications technologies (telepsychology) and/or temporary in-person, face to face psychological practice.

Benefits of PSYPACT:

- Increases client/patient access to care
- Facilitates continuity of care when client/patient relocates, travels, etc.
- Certifies that psychologists have met acceptable standards of practice
- Promotes cooperation between PSYPACT states in the areas of licensure and regulation
- Offers a higher degree of consumer protection across state lines

MPA will keep you informed as this legislative process moves forward at the Capital.

The MPA Program Committee has planned two other programs for the balance of 2019 and has lined up great CE programs for 2020.

September 27, 2019:
Ethics, Intersection of Ethics and the Courts
The Henry Center
Lansing, MI

November 1, 2019:
2nd Annual Michigan Health Psychology Symposium
Crystal Gardens
Howell, MI
Save these dates for 2020

February 7, 2020
Legal Issues
VistaTech Center, Schoolcraft College
Livonia, MI

March 27, 2020
Diversity, Inclusion and Social Responsibility CE Program
Grand Traverse Resort
Traverse City, MI

April 24, 2020
MPA Annual Spring Convention
Lansing, MI

June 19, 2020
Insurance Committee CE Program
VistaTech Center, Schoolcraft College
Livonia, MI

During the May MPA Board meeting, Molly E. Gabriel-Champine, PhD, was appointed and approved to become Chair of the MPA Membership Committee. Molly currently serves as Director of Behavioral Science Education, Director of Scholarly Activity, McLaren Bay Region, Family Medicine Residency.

At the July MPA Board meeting, the Board will be asked to approve the 2019 mid-year budget as presented. The budget remains balanced for the remainder of 2019 and has been approved by both the Finance Committee and Executive Committee.

I look forward to seeing many of you at an upcoming MPA program. Enjoy the summer here in Pure Michigan.

(I welcome your input, questions and concerns about MPA; you can contact me at lavone.swanson@gmail.com)

Meet Dr. Lyndsay Volpe-Bertram

Dr. Lyndsay Volpe-Bertram earned her Psy.D. from the Chicago School of Professional Psychology and is board certified in Clinical Psychology through the American Board of Professional Psychology. Dr. Volpe-Bertram works as a clinical psychologist at Spectrum Health in Grand Rapids. She treats a wide variety of ages and presenting concerns but specializes in the use of evidence-based treatment, including Cognitive Processing Therapy, for treatment of trauma symptoms.

Dr. Volpe-Bertram particularly enjoys working with victims of trauma, as the healing and resiliency that she witnesses in these individuals is “nothing short of amazing.” She values her membership in MPA because of the access that it provides to a larger group of educated psychologists in the state whom she can rely on for consultation.

Personally, Dr. Volpe-Bertram is married to a neuropsychologist and has two young children and two orange cats. She enjoys spending time with her family and friends in the Grand Rapids area and she loves to travel. What's on her nightstand? As she is just returning to work after maternity leave, the two books currently on her nightstand are “The Very Hungry Caterpillar” and “Pete the Cat.”
Random Thoughts and Observations

I met with a woman with a history of bipolar disorder. When I asked her if she ever experienced a time of sexual promiscuity, she said, "Only with my husband."

In my written psychological evaluation for a military career officer, I put my conclusions at the beginning of the report. When I showed the officer his evaluation, he said, "Oh, this is a BLUF report like we do in the military." BLUF, he explained is: "Bottom, Line, Up, Front."

Podcasting. Throw your line into YouTube to latch onto an intellectual catch of lectures from some of the world's best professors. Type in Robert Sapolsky, Paul Bloom or Robert Plomin.

Robert Sapolsky is an American neuroendocrinologist and a professor of biology, neurological and neurological sciences at Stanford University and a research associate at the National Museums of Kenya. He has studied baboons in their natural habitat travelling to Kenya for 32 summers. Sapolsky's lectures on YouTube give you a front row seat to his information-packed talks on such topics as: On Depression; Schizophrenia; Stress and Health: From Molecules to Societies; Behavioral Evolution; and Are Humans Just Another Primate?

Paul Bloom is a Canadian-American psychologist who is a professor of psychology and cognitive science at Yale University. His research explores how children and adults understand the physical and social world, with special focus on language, morality, religion, fiction and art. His talks on YouTube include: The Pleasures of Suffering; A Person in the World of People; The Psychology of Everything; The Good Life; and Against Empathy: The Case for Rational Compassion.

Robert Plomin, whose book I review below, is an American psychologist currently at the Institute of Psychiatry at King's College London. He is a pioneer in the study of behavioral genetics, and has shown that many environmental measures in psychology show genetic influence. Tune into his podcasts on topics such as: How DNA Makes Us Who We Are; Behavioral Genetics; and Educational Achievement and Intelligence.

Book Review


Robert Plomin was in graduate school in the 1970's, a time when psychology was dominated by the belief that individuals are born without built-in mental content and, therefore, all knowledge comes from experience and perception. Proponents of this tabula rasa or blank slate perspective favor the nurture view of the nature vs. nurture argument. For example, the influential psychologist Bruno Bettelheim believed that autism was caused by what mothers did to their children — she was so cold, she was referred to as a refrigerator mother. Many families suffered as a result of this reckless belief about the causes of autism - and other psychiatric maladies.

Plomin illustrates a sample of our beliefs about the influence of genetics in the chart below, which comes from his study of citizens in the United Kingdom.

<table>
<thead>
<tr>
<th>Average ratings of 5,000 UK adults</th>
<th>Results of genetic research</th>
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Eye color                                           77%                                                     95%
Height                                                67%                                                     80%
Weight                                               40%                                                     70%
Breast cancer                                    53%                                                     70%
                      10%
Stomach ulcers                                 29%                                                     70%
Schizophrenia                                   43%                                                     50%
Autism                                               42%                                                     70%
Reading disability                                      38%                                                     60%
School achievement                          29%                                                     60%
Verbal ability                                        27%                                                     60%
Remembering faces                            31%                                                     60%
Spatial ability                                        33%                                                     70%
General intelligence                           41%                                                     50%
Personality                                         38%                                                     40%

In the 1970's it was radioactive for Dr. Plomin to raise the possibility of genetic influence on behavior. In a course in graduate school on behavioral genetics at the University of Texas at Austin, Plomin said he was the only student that took a deep interest in the genetic influences on behavior -- even though the topic was frowned upon by almost all psychologists because everybody knew the environment shapes behavior.

The subject of behavioral genetics was so radioactive because of historical events. For example, by 1924, an estimated three thousand institutionalized persons in the United States had been involuntarily sterilized. America was caught up in the eugenics movement, a set of beliefs and practices aimed at improving the genetic quality of the human population. In 1927, a majority of the U.S. Supreme Court justices upheld the legality of forced sterilization. Over the next ten years, some 28,000 Americans were sterilized. In 1933, Germany's Nazi government looked to the U.S. and other countries as models to begin their sterilization of intellectually disabled people, people with inherited neurological disorders like Huntington's chorea, and people diagnosed with schizophrenia and epilepsy. In 1939, Germany went on to murder, not sterilize, those people who had a "life not worth living." The methods of exterminating those whose life were deemed useless were later used for the Final Solution - the murder of more than six million Jews.

Given this permanent stain on humanity, research on genetics and behavior was slow to progress. Since the 1970s, research on twin and adoption studies have persuaded behavioral scientists that personality traits, and mental illnesses such as bipolar disorder and schizophrenia run in families. Yet, with this increasing data pointing to the importance of genetics in behavior, we have not been able to identify any particular gene to emerge as important for a particular personality trait or mental illness.

Plomin almost gave up his search for genes related to behavioral traits - even after more than 800 scientific publications.

However, in the last few years, Plomin tells us we are living in the DNA revolution. We are making exponential strides in learning how to read the genetic blueprint of individuals. Plomin documents the latest genetic techniques in his stunning new book.

For instance, he points out that about 99% of the 6 billion steps in the spiral staircase of DNA's double helix are the same for all of us. And, those who study behavioral genetics are interested in the 1% of DNA that makes us individuals.

Plomin identifies the following insights from behavioral genetics that require reading at least twice to believe:

- Most measures of the environment show substantial genetic influence.
- We are more influenced by accidental events of short duration than by family influences.
- Heritability increases as we get older.
- Normal and abnormal behavior are influenced by the same genes.
- Genetic effects are general across traits. That is, there are not specific genes for intelligence, schizophrenia or personality.

Plomin describes a new technique that may make it possible to predict traits such as depression, schizophrenia, and educational attainment. This technique involves passing a blood sample over a
silicon chip that tests for thousands of mutations, adds them together to give a score for how many of the single-letter code may make you prone to depression, for example.

Because so many genes contribute to a trait such as intelligence, manipulating the genes to create super-intelligent babies is impossible, says Plomin.

Yet, there will be many complex ethical dilemmas as we learn more about genetics and behavior. Plomin is optimistic about our ability to make humane use of the emerging findings that will benefit parents and their children. I hope he is right.

Reference


(To comment on this column, contact Steve Ceresnie, Ph.D. at sceresnie@aol.com)

PLC, Pundits, and Politics

Josephine Johnson, PhD
Michigan Federal Advocacy Coordinator

Do you know the number of your federal Congressional district or the name of your Representative?

David Wasserman does! He knows how your district voted in the November midterm elections and can predict how it will vote based on the businesses in the area. In 2016, he wrote a prophetic piece entitled "How Trump Could Win the White House While Losing the Popular Vote." An admitted "numbers nerd," Wasserman is, in Meet the Press's Chuck Todd's words, "pretty much the only person you need to follow on Election Night." He's in demand as a speaker and analyst who's been described as "scrupulously nonpartisan." Several members from MPA attended this year's Practice Leadership Conference (PLC) in DC March 5 to 9 where Mr. Wasserman fascinated us with facts, delighted us with details, and impressed us with his insights.

Mr. Wasserman showed us that there is so much to be gleaned from the voting patterns of the electorate than we ever imagined. For example, did you know that Donald Trump won more than three-quarters of the counties with a Cracker Barrel, while winning just 22 percent of counties with a Whole Foods store? This kind of divide goes back over two decades, but has widened considerably from 19% in 1992 to 54% in 2016. What does this mean?

Even though the stores exist in the same number of states, they exist in very different areas in those states. Democratic-leaning Whole Foods stores are more likely to be found in dense, affluent, better-educated neighborhoods, while Republican-slanted Cracker Barrels are more often located in less dense, off-highways areas.

In general, the denser the county, the more likely its residents will be Democratic. Another way of generalizing (according to the Pew Research Center), is to say liberals prefer closer, smaller houses within walking distances of schools and amenities; conservatives prefer housing that is "larger and farther apart." The 2016 election was sharply divided along these lines. But, how well does this generalization fit your preferences, circumstances, or lifestyle?

Let's look at the nation's top priorities by political party. There has been a major shift in the last decade. The following chart suggests that 20 years ago Democrats and Republicans differed on the ranking of issues but were 80% in agreement on the issues.

<table>
<thead>
<tr>
<th>Year</th>
<th>Democrats</th>
<th>Republicans</th>
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<th>Democrats</th>
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<th>Democrats</th>
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<tbody>
<tr>
<td>1999</td>
<td>Education</td>
<td>Education</td>
<td>2009</td>
<td>Jobs</td>
<td>Terrorism</td>
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By 2009 we see that agreement dropped to 60%; health care and morality dropped off the Republican list; Medicare and Social Security dropped off the Democratic list. This year there are no points of agreement. The Democrats’ list includes health care, education, environment, Medicare, and the poor/needy in the order listed. The Republicans list terrorism, economy, Social Security, immigration, and military in that order. The largest gap between parties in 1999 was on health care and racial tensions, but in 2009 it was on providing health insurance to the uninsured; today it is on climate change. (Science hasn't been this controversial since Scopes.)

Some of the more exciting points Mr. Wasserman made were about the factors that influence elections. For example, even though every four years the U.S. electorate gets more college-educated (by 3%) and less white (by 2%), these changes do not benefit the Democratic Party as one might predict. That is because the demographics that benefit Democrats most are in states that matter the least, i.e., non-swing states. This one should make us Michiganders take notice. Even though Mrs. Clinton won the popular vote by 2.9 million votes, Mr. Trump won the Electoral College thanks to 3 counties: Macomb, MI; Westmoreland, PA; and Waukesha, WI. Did you get that? Macomb County was one of 3 out of 3,141 counties that determined the 2016 election! So, if you think your vote doesn't count, remember Macomb.

The midterm elections brought some significant changes. Women were elected in unprecedented numbers. Democrats expanded their ranks of women by 46% while Republican women declined by 43%. Republicans increased their number in the Senate, up 2 seats to a majority of 53. According to Gallup Weekly, the President's approval rating among Republicans is still quite high — 89%.

Whether this makes you smile or cringe, know that the President can be re-elected with even fewer popular votes in 2020 by again winning more Electoral College votes. He has no real primary opposition and Democrats have a problematic primary system.

Ultimately, what does all of this mean to us as psychologists in Michigan? It means that we need to understand, get involved, and make our voices heard. Understand that increasingly the structure of how we are able to conduct our professional lives is determined at the legislative level. Whether you can practice without physician supervision under Medicare will be determined by the Legislature. Whether psychologists were eligible for electronic health records use incentives was a legislative decision. Whether psychologists and other health professionals can provide telehealth services to Medicare recipients in their home rather than an office or clinic is up to Congress. Congress, through the Health Resources and Services, determines funding for the Graduate Psychology Education Programs.

Get involved by getting to know your Legislator. With so many issues coming their way, legislators may not fully appreciate the significance and impact of certain bills on their constituents or on you as a provider and businessperson. That's not as daunting as it may seem. Stop by the local office and offer to be of help. Become their local expert. (Contact me about becoming a Key Constituent.) Work on their campaigns. Invite them to appear at relevant functions. Accept the realities of political giving. You cannot buy a vote, but fundraising is essential to remaining in office. Support those who support mental and behavioral health causes, those who support your core values, and those who support your professional identity.

Make your voice heard. Surely there are causes about which you are passionate. Advocate for your priorities. Email your legislator expressing your point of view. Write an op-ed piece. Prepare yourself to be a media spokesperson in your areas of expertise.

Give if you will. March if you must. Whatever your choice, get past the notion that you are not involved in politics. You are either actively involved or passively affected by “the activities associated with the governance of a country or other area, especially the debate or conflict among individuals or parties having or hoping to achieve power.”

Be active.
Politics is life.

(To comment on this article, contact Jo Johnson, Ph.D. at drjohnson@gmail.com)
Meet Jest for the Health of It Cartoonist Steve Fabick, Ed.D.

Steve Fabick is a licensed psychologist with a private practice in Birmingham. He has been an adjunct professor at Wayne State University teaching graduate courses in Human Sexuality and Sexual Therapy; has been president of the Michigan Inter-Professional Association (a family law group); has been president of the Collaborative Divorce Professionals of Southeast Michigan; has been director of two outpatient mental health clinics, and has been a consultant to numerous mental health agencies and hospitals.

Dr. Fabick has been president of Psychologists for Social Responsibility, an international peace

So this all leads to the question of whether Steve Fabick is a has been. Anyway, his long-repressed inner child has escaped—and sometimes runs with scissors. Fabick hopes to capture and channel his repressed inner child in a new feature for the MPA Newsletter Jest for the Health of It.

(To comment on this bio, contact Jim Windell at jwind27961@aol.com)

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**Book Review**


Reviewed by Diane M. Gartland, Psy,D,

Too preoccupied with my own personal quest for survival in a white man's world, I barely noticed the Attica event when it took place. But, recalling those days, the years preceding the incident, suspicions about government's malfaisance held by many of my generation, and the cover ups that had come to light in June, 1971 with the Washington Post publication of portions of the Pentagon papers; I shuddered. "We were right!" I thought, upon seeing a recent documentary entitled Our Nixon, using the man's own home movies, and I experienced an eerie chill realizing the perspicacity of my own intuition which surfaced once again while reading Thompson's Pulitzer prize winning historical expose.

It may help to know that such uprisings continue and, for the concerned citizen, may provide an indicator of the sources of unrest outside the prison systems. Noted as beginning in early September of 2016 (the 45th anniversary of Attica) and increasing exponentially by 2018, incarcerated were again striking nationally "against prison slavery" - perhaps the augur of responses to economic disparity in the nation as a whole. In 2016, 24,000 inmates were said to have protested (Kim, 2016; Tabor, 2018). In August 2018, 17 states are said to have been involved (Barron, 2018). No longer calling for prison reform, such events signal the need for "micro-revolution."

Anything that captures my attention so fully in these days of unrelenting and hyperstimulating political news is deserving of 5 stars. But this 600 page turner went beyond an expectation that I would learn something into the realm of the uncanny. I am once again left with the dreadful truth; that the "parents," the Guardians, could no longer be trusted to do their job of protecting those in their custody and, instead, might have an unexpected murderousness to their motive. In hostage negotiation training now, participants are reminded that they cannot expect that the government will save them if they are taken hostage.

After reading *Blood in the Water*, one can imagine, in the event of a citizen being taken captive, there might be little attempt to separate hostage from hostage taker. The well-known Stockholm Syndrome, identified in 1973 as a phenomenon of rapid identification with the assailant, may actually be a reflection of the reality in which the hostage finds him/herself. The unconscious of the hostage in some eerie way has generated the presentiment of disaster. Both victim and assailant are subject to the whims of the government. At Attica, no such premonition existed. Attica may have set the stage for the phenomenon identified two years later in Sweden.

Thompson's piece is a history that has largely been hidden. It is characterized not only by the hideousness of the events themselves but also the conspiracy to cloak the facts in silence or to sanitize them through distortion and reversal. Thompson's discourse uses short chapters, brief bios of the chief protagonists and an extended following of the outcome to hold the reader. The technique is quite effective. But the ending moves one to thirst for more.

The book took ten years to write, largely because the author had to fight for information. Even as the book went to press, there were large gaps in information; the facts were there but secreted and unavailable to the public. Like little children, we are only privy to what those in power choose to
Until the seventies, I thought that what I wasn't told or was kept from me was not something I needed to know. It was not something that would concern me. I trusted the government leaders in my own country and focused on day-to-day existence; not quite aware that my subsistence, my problems getting work, finding the right education for myself and the lack of opportunity unless I agreed to be "protected" was being orchestrated by a system of meted out information and oppression conducted behind closed doors. In this book, Thompson reveals the information that was not only an expose of prison life but also emblematic of the many prisons outside those cold and austere stone walls.

At Attica, there were two doctors for 2243 men with reportedly little concern and such an ongoing lack of responsiveness that civilian staff considered taking some type of action. Dental care was so poor that one man interviewed told Thompson he had lost nearly all his teeth after the doctors refused to give him a referral to a dentist. The poor medical care, human experimentation without full consent, addressing inmates in a degrading manner, strip searching for allegedly trivial reasons, promises made by administration and then summarily broken, and ongoing indifference to the conditions and the requests and demands of prisoners that were growing day by day led to a very tense atmosphere.

Movements outside the prisons were clamoring for their civil rights and marched against the Vietnam War in an atmosphere of distrust and resistance to what was felt to be tyrannical authority that ran rampant. Riots and protests throughout the country were ongoing and there had just been a major protest in the Auburn prison near Syracuse, NY and the city jails colloquially known as The Tombs, were severely overcrowded (Blumenthal, 1971; Thompson, 2016; Vasquez 1971). Following the Auburn riot which began peaceably as a work stoppage protest for Black Solidarity Day and ended with hostage taking, a list of disregarded demands and eventually, injury, punishments and abusive reprisals for taking part in the strike, several "instigators" had been transferred to Attica. In August as well, an inmate in San Quentin, known for his prison writings on the racism and brutality that permeated prisons throughout America, had been killed by a CO during what was labeled as an attempted escape. Prisoners throughout the nation were irate and silent protests were undertaken, including one at Attica. Thus, Attica was becoming a powder keg ready to explode. It did explode into the public awareness and, with Thompson's piece, it still continues to explode.

The context of prison protests and rioting might be traced to an underlying sentiment following World War II, when former GIs would engage in dramatic and violent confrontations as an alleged response to police force biases (Travis, Western & Redburn, 2014). Lynchings of black veterans returning home to the south and conflicts in the north between long term white residents and those black citizens emigrating from the south also contributed to clashes. The Great Migration of Blacks to the north which had been ongoing since the early twentieth century, following the disappointments of Reconstruction, had been propelled by a hoped-for assimilation into the life of northern communities (Wilkerson, 2016).

However, racial tensions led to violent civil disorder such as the Zoot Suit riots in southern California and race riots in Detroit in 1942/43 (Travis, Western & Redburn, 2014) so that the racial caste system and biases followed them wherever they went. African Americans and Mexican Americans viewed much of this disruption as enflamed by police brutality or inaction.

Reporting in the media of the time may have also added to the commotion and even Eleanor Roosevelt was branded as having Communist leanings in the Los Angeles Times after remarking on the LA riots that "The question goes deeper than just [zoot] suits. It is a racial protest. I have been worried for a long time about the Mexican racial situation. It is a problem with roots going a long way back, and we do not always face these problems as we should" (Los Angeles Almanac, 2018). Many of the men involved in these disruptions were in the military (which eventually put the riots down) but there seemed hardly a mention of the part that (what was then referred to as) "combat fatigue" might have played in the incendiary mood in these cities.

Increasing crime and disorder was thought by whites in the south, and increasingly in the north, requiring toughness; in laws, sanctions, police, prosecutors, judges. President Truman was a proponent of more law and order and some expansion of the federal role. Though many bills proposed during this period were not enacted, there was an increasing view that federal interest and involvement would set the stage for a lessened public protest and a perception of greater legitimacy and fairness of law enforcement (Travis et al, 2014).

From the 1964 campaign for US president and the Goldwater camp clamorously demanding greater
law and order onward, the issue of law and order was triggered repeatedly for political purposes. Federal dollars were more readily available. However, although the Johnson administration's "war on crime" was supposed to be tied to the war on poverty, focusing on the root causes of crime with an emphasis on economics, education, rehabilitation and the like, more emphasis on the enforcement of laws won the day as crime rates rose from 1961 for the next 20 years. In 1963, President Kennedy was assassinated, politicians stoked public fears and, as the Johnson years waned, the harshest applications of criminal justice policy were on the rise (ibid).

It is easy to see that the experiences of Americans fighting three major foreign wars within a fifty-year period and a two decade entanglement in a fourth, may have added to hostile sentiments, hyperreactivity, paranoid feelings of anything that represented difference and a general atmosphere of resentment. At the same time, the dashing of hope for equal and unimpeded status in many minority communities generated an idea that the current state of affairs was the last straw in an ongoing oppression from the time of the arrival of the first slave ship to the US. As the civil rights movement and the calls for withdrawal from Vietnam gained momentum, the point of combustion was reached and street disturbances were paralleled by growing unrest and calls for better treatment within the nations prison systems.

Attica began almost as an afterthought among individuals already at the edge of their endurance. Thompson's telling goes well beyond the usual socio-historical tome iterating the prison rioting as a number of biographies of the men involved civilizes them. The author captures the reader's emotional self and enables an identification with the feelings of helplessness of all concerned, amplifying the human element. The character and biographical development interspersed with events as they unfold create an atmosphere of suspense and anticipation, despite the fact that much of what transpired is already known - or so one believes at the outset of the reading.

As the incident played out and the atrocious response and aftermath, evolved, the various actors in the drama, emerged as angels or demons which may have been a weakness of the storytelling, however praiseworthy or detestable their actions turned out to be. Those culpable of wrongdoing were not available for interviewing, as is usual in such situations. Nevertheless, as responses to the stressful events gradually accumulated and pressures on political figures, public safety officials, prisoners, guards, journalists, attorneys, families and the small community outside the walls mounted, the principals came into their respective positions as if their fates were sealed from the outset. The gradual shift in attitude and disposition of the prison governance as time went on gave a picture of authorities hemmed in by their job descriptions and perceived duties to "the state" for law and order and safety and security. The safety and security of the inmates, and the public could no longer be conflated, if it ever was; rather, all those inside (inmates, officers, journalists, hostages) gradually became merged as a monolithic "enemy" while those outside the walls prepared to delete them as an independent power base.

Following a request for improved conditions and the correctional commissioner's obtuse response (which was inadvisably played over a loudspeaker while masses of inmates were led by few COs) an agitated restlessness emerged. Incidents between hyperreactive COs and a couple of inmates prepared the way for what took place the following day. Prisoner movement during breakfast, involving large groups, with poor communication between and among parties, broke out into a melee with one CO badly beaten. Hostages were taken and demands were made for improved prison conditions. In Thompson's telling, the resistance progressively gained steam to 1300 men, government teased and promised. Tensions increased.

Combined with the unwillingness of prison administrators and then Governor Nelson Rockefeller to see protest as anything more than the agitation of a small group of militants, belief that prisoners would be taken seriously easily gave way to suspicious terror on the part of captive and captor alike, and a rageful and aggressive response from external forces. The prison was re-taken and culminated in the shooting of 128 men. Who those men were and in what capacity they were in the prison that day as well as the identities and motivations of the people who authorized the taking back of the prison are offered in fine detail and as a continuing story.

At what point does such a situation go completely beyond anyone's control? At what point does fear and anxiety become the helplessness of trauma? It is difficult to say. But what is quite evident from how splendidly the author maps out the aftermath, is that psychological trauma is not a one-off matter. The Attica affair took decades to eventuate in a murderous rampage in response to a declaration of human rights. It continues to this day as a seething presence inside those present and inside those who inherit the atrocity of a searching for freedom in an unfree world. Heather Ann Thompson has demonstrated the continuity of psychological trauma in the social world as a visionary scribe who nevertheless leaves the reader to linger over the narrative and to sit with the horror that one seemingly isolated incident can be monitored and orchestrated from afar. In effect, we are all encased in a cell of unknowing with a suspicion of a greater truth, a larger reality or what might be called murmurings from the social (Hopper, 2002) and associative (Long & Harney, 2013).
The general public is often quite curious, while tremulous, about the goings on inside a prison. Unlike a country such as Australia whose awareness of its prison legacy is part of the cultural consciousness, most in the US will never serve witness to phenomena that influence a large part of its population. Thus, Americans are left to their fantasies of what prison and prisoners are like. Thompson has made it possible to put oneself inside the experience of all concerned and, in a small way, make up for this grossly negligent lack of public education concerning the prison experience.

Such works are critical for the ongoing examination regarding individuals in institutions. Despite the fact that prisoner's rights were affirmed definitively in 1964 in the landmark case of Cooper v. Pate (O'Neil, 2014), it was clear that such protections were ignored at Attica when all in the open yard were summarily gunned down. Further, despite the horror of Attica, the New Mexico State Penitentiary riot in February 1980 (during which 33 were "tortured, dismembered, hanged, or burned alive" and more than 200 were injured; Wikipedia) illustrated that such laws are continually ignored under the more compelling forces of power-helplessness characteristics in traumatization and its legacy within.

The number of inmates in for-profit prisons house has 47% since 2000, and also had led to increased critical incidents compared to publicly funded prisons. After reaching a peak in 2012 with 137,220 incarcernees, the population of private prisons declined for three years, rising again in 2016 with prison incidents (Bureau of Justice Statistics, 2018). These presumably have included riots in Delaware .... (Galvin, 2017) in Arizona in early 2018 (Santistevan, 2018) and, shortly after, in South Carolina, the latter resulting in 7 inmates killed and 17 injured (Fausset 2018.) to name a few. In addition to those states that are dominated by privately run prisons, there are others that have specific services which they contract to private companies. An example is Michigan which contracted out their food service until it was recently discovered that maggot infestations, mold and inadequate nourishment came with the contract (Perkins, 2018).

In the face of many calls for reform, there is neither little understanding of what that expression might mean nor what action is called for. The expression "prison reform" is an all-inclusive term which tends to conflate sentencing (under the judiciary) with penalty (under the executive) branches of government in individual states and the federal system. It contributes little illumination for individuals' personal journeys toward alteration of the status quo on the inside or outside. The loss of freedom which imprisonment entails supposes that internal and external freedoms are extant from the start. But this assumption is far from accurate given the known cultural restrictions and the internal compulsions to action handed down through the generations.

In any case, though a re-formation of the prison structure may be in order in some though not all of the so called "justice" systems, there seems a need for an overhaul and complete reappraisal of incarceration for offenses against citizens and violations of the law. Perhaps the most pressing necessity is fostering an awareness in both kept and keeper that factors contributing to the re-instatement of freedom require elaboration.

Primary among these would be a regular therapeutic enterprise involving a humanistic therapy within which one's story is continually reflected upon and shifted. If the justice officer and the criminal are not accorded the mental and emotional liberty to exercise flexible, creative thinking with respect to their lives, loves, and work, no amount of behavioral or institutional control and no degree of physical or operational change will eventuate in reform. Perhaps most especially, this unseen realm of captivity is representative of so much of the invisible around and within us which, unexplored, menaces our survival.

References


Psychlegal Notebook

Preparing to Counteract Human Trafficking

Robert H. Woody, PhD, ScD, JD

For license renewal, Michigan psychologists are now required to obtain, each biennium, one (1) hour of continuing education credit pertaining to the topic of human trafficking. According to the U. S. Department of Homeland Security (dhs.gov), human trafficking involves the use of "force, fraud, or coercion to obtain labor or commercial sex act." Human trafficking has been defined as: "The luring or kidnapping and exploitation of people including children, for monetary gain" (Bartol & Bartol, 2019,
Telephone predators are common (Wolak, Finkelhor, Mitchell, & Ybarra, 2008).

It is noteworthy that, until recently, the term "human trafficking" seems to be absent from psychology-related mental health publications (e.g., it did not appear in the Dictionary of Psychology, 2015). Although comprehensive scholarly writing on human trafficking may be limited, emerging publications support that forensic psychology appears to be in the vanguard for calling attention to the fact that human trafficking merits professional recognition and action. Certainly, the contemporary situation with immigrants and asylum seekers from Mexico and South America likely adds to the necessity for psychologists to gain knowledge about and interventions relevant to human trafficking.

As stated by the Michigan Department of Health and Human Services (Michigan.gov): "Human trafficking is a form of modem-day slavery and is a large and growing criminal industry worldwide." It involves people profiting from the control and exploitation of others. Areas of potential abuse or harm include sex trafficking and labor trafficking. The Michigan human trafficking law which took effect in 2015 can be found at MCL 750.462(a)-(i).

Human trafficking comes in numerous forms. Online sexual solicitation is common. The trafficking may be due to nefarious motives, but is perhaps most often in service to financial objectives: "Human trafficking is the third leading criminal enterprise in the world and is one of the fastest growing and possibly represents the most lucrative criminal enterprise globally" (Bartol & Bartol, 2019, p. 403).

It is not necessary to transport for a criminal purpose in order to constitute a crime and there is no specification of number of victims. This issue defines determination (e.g., due to a lack of a reliable assessment system, its covert nature, and victims' fear of prosecution). Although not definitive, sexual exploitation is believed to be the most common form of human trafficking. Bartol and Bartol say, "research on the extent and manner in which psychological services are being delivered to victims of sexual exploitation is extremely sparse" (p. 405), and the victims "often show symptoms of depression, anxiety, shame, low self-esteem, hopelessness, sleep disorders, and PTSD," along with "physical injuries, sexually transmitted diseases, and a variety other health concerns" (p. 404). Therefore, the Michigan continuing education requirement for renewal is sorely needed.

When a psychologist has reason to believe that human trafficking is occurring with, say, a service user, there is no legal duty to play detective. There is reason, however, for a Michigan psychologist to facilitate interventions by governmental agencies, especially those committed to law enforcement and protective services.

Although there are no surefire or telltale warning signs of human trafficking, it is often associated with an inability or reluctance to communicate and a lack of opportunities to become self-sufficient (e.g., when English is a second language, obtaining employment is commonly difficult to achieve). Said simply, there seems to be a distinct nexus between vulnerability and ability to use English language. Also, it is plausible that cultural- or racial-discrimination can increase the barriers to obtaining reasonable employment opportunities and, therefore, there may be an increase in the vulnerability to human trafficking.

The Michigan Attorney General can be credited with attempts at remedying the existence of human traffic bondage (michigan.gov). [The preceding site provides considerable guidance on how to recognize and report possible human trafficking.]

Among other things, Michigan has a special prosecutorial unit. Also, on the preceding site, there are "red flags" for recognizing possible human trafficking victims, such as (but not limited to):

* Victims may exhibit signs of abuse, such as bruises, cuts, burns, scars, prolonged lack of healthcare, or malnourishment.

* Victims may exhibit fear, anxiety, depression, nervousness, hostility, flashbacks, or drug/alcohol addiction, and commonly avoid eye contact.

* Victims are not in control of their own money.

* Victims often have no, or few, personal possessions. They frequently have no identifying documents, such as a driver's license or passport.

* Victims may have their communication restricted or controlled, or have a third party translate for them.

At this point there are not adequate behavioral science indicators for identifying victims of human
In keeping with the laws for mandatory reporting aligned with the Michigan Department of Health & Human Services (Michigan.gov), English (2017) asserts that laws requiring mandatory reporting of human trafficking are still emerging and being refined; the prevailing view seems to be that "health care professionals can assume the role of mandatory reporters of human trafficking while meeting their ethical obligation to 'do no harm'."

If there is reason to report, it is unlikely that every psychologist is prepared to deal with the possible danger. Instead of a direct intervention, suspicions should be reported to 911 or the National Human Trafficking Resource Center at 888-373-7888.

References


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Also for Psychologists


Reviewed by Jack P. Haynes, Ph.D.

The novel by Pat Barker is set in England 1917, part of a trilogy, features two famous historical figures—war poets Siegfried Sassoon and Wilfred Owen—who meet, as they did in real life, at Craiglockhart Hospital in Scotland. The psychiatrist and Army captain, William Rivers, is assigned the task of restoring psychologically wounded soldiers for return to the battlefield. Among other things, the novel focuses on various forms of shell shock, which today would be referenced as PTSD.

The novel includes actual treatment at the time, including electric shock treatment to elicit mute soldiers to resume talking. The patients—other than Sassoon, Owen and Robert Graves—are fictional, but Rivers recorded case histories which are utilized in this work. Although some characters are fictional, they represent actual people and their verifiable case histories. The fictionalized interaction between the actual people Sassoon and Owen is interesting and complex. Unlike the residents of Craiglockhart, the psychiatrist Rivers knows warfare only by reflection in the residents of the institution. Although Rivers treats the residents with compassion, I found him complex but generally difficult to identify with in terms of today's treatment approaches. Some of Rivers's World War One-based theories about psychological trauma are presented, with varying believability and solidity.

Class distinctions also are apparent, including class conflicts. For example, there seemed to be some emphasis on the emotional distance and smugness of the British officer class. The characters are presented in a multidimensional fashion, however.
The novel takes on both the trauma of war on an individual, psychological basis but also deals with larger issues such as motivation and support for war. The book presents both universal and specific aspects about war. The novel focuses on individual psychological aspects and consequences of war rather than weaponry and strategy. I found the book rich, engaging, and thought-provoking.

(You can comment on this article by contacting Jack Haynes at jhaynes254831mi@comcast.net)

**BOOK REVIEW**


By James Windell

Bruce Western is the Daniel and Florence Guggenheim Professor of Criminal Justice Policy and professor of sociology at Harvard University and, in addition, is the director of the Justice Lab at Columbia University. *Homeward: Life in the Year After Prison* presents the stories of men and women Western met while doing interviews for the Boston Reentry Study. The study consisted of a series of interviews with 122 people who left prison to return to neighborhoods around the Boston area. Western and his team wanted to record the stories of people and, in the process, learning what happened to them and what experiences they would have in that all-important year after they were released from incarceration.

While there have been other books on mass incarceration in this country, none is as thorough and insightful as this book. Western writes in a simple, straightforward manner that is at once illuminating of the lives of ex-prisoners and at the same time deeply compassionate, understanding and eloquent in its explanation of the almost impossible task of felons making a post-prison adjustment while trying to overcome the multitude of problems that exist in the life of most people who go to prison.

Western is most interested in public policy and how changes can be brought about to change the fortunes and life trajectories of men and women who leave prison. Not just a reporter of the sad stories of ex-felons, Western raises some significant ethical and philosophical questions. For instance, these questions get asked during the course of this book: What is the goal of punishment? When does punishment end? Why are a disproportionate number of prisoners either Africa-American or Hispanic? Why doesn't our prison system promote social justice? Why does our society fail to provide the kinds of transitional support prisoners need in order to stay out of prison in the future?

Throughout this book, Western answers some of these questions, while in the last chapter he not only raises more questions but offers recommendations for what society can do to reduce the high recidivism rates of ex-prisoners. However, what is so compelling about this book are the stories of individuals Western and his team got to know during this study. Their stories are sad, yes, but they tell a consistent story of why reentry programs and attempts to help prisoners reintegrate into society so often fail. It becomes clear very quickly in *Homeward* that most people leaving prison will be stuck in a revolving door that didn't just start when they were sentenced to prison. For most, their life was a litany of racial inequality, deep poverty, layers of trauma, and human frailty—all of which started in childhood.

The first weeks after release from prison was, for most everyone in this study, a time of bewilderment and awkwardness. Feelings of stress, nervousness and loneliness were overwhelming for so many of these people. Trying to adjust to their freedom while experiencing material hardship, and trying to make it without income or stable housing, produced enormous stress. In the lives of a majority of these individuals returning to society outside of prison walls, this stress often was compounded by drug addiction and mental illness. At times this was relieved by family support. This stress was so palpable that, indeed, for many, it was paralyzing and sapped their energy.

Housing and financial assistance was common from family members for women and young men and for those not dealing with the challenges of drug addiction and mental illness. Those ex-prisoners who were most isolated from family in this period of transition usually had histories of drug addiction and mental illness, and more often than not, were older individuals - those in their late 40s or 50s. It was the role of women that seemed most remarkable in providing housing and financial assistance to released prisoners. Upwards of 80 percent of those individuals who were staying with family were staying with a female relative, half of whom were mothers, and sometimes sisters.
It is the portrait of human frailty that is a hallmark of Western's book, and his account of the year-
long struggle for these people newly released from incarceration. As Western writes, "More than just
poor and out of work, these men and women embody vulnerability, struggling with mental illness,
drug addiction, and physical disability...It is human frailty that reveals our prisons not just as crime
control institutions but as social policy instruments of last resort." What he in part is saying is that
the responsibility for caring for the most marginal members of our society has somehow fallen on
jails and prisons, institutions not designed, not for medical and psychiatric care, but for confinement
and separation from the community.

In Homeward, Bruce Western also writes about violence. And he provides a perspective that is rarely
taken by policy makers and politicians. If you listen to some segments of the criminal justice
community and some politicians and justice officials, one might assume that prisoners can be
conveniently categorized as either violent or non-violent. That's not the way Western sees it after
conducting this study.

Violence, he writes, is a lifetime reality for people who go to prison. And this violence "grows out of
the chaotic context of poverty and its accompanying disadvantages." Furthermore, he indicates that
given the "contextual character" of violence, the roles of victim, witness and perpetrator are not
neatly divided among individuals. Instead, those people with a long history of offending have been
both victims and witnesses to violence for even longer than they have been violent offenders.

In the last chapter of this book, in which Western talks about social justice and "reimagining" the
criminal justice system, he writes that the mission of the social integration of prisoners after release
is not realized in our country. In effect, the system - and the broader society - fails.
Western concludes that criminal justice is a poor instrument for social justice. Our society must
come up with alternative solutions to blaming and punishment. As exemplified by the individuals in
this study, we must do something different for people who are frail, homeless, poor, and antisocial.
He suggests that a starting point is understanding. And what is required in this attempt at
understanding is to accept that American society has made a huge mistake in allowing mass
incarceration and collective injury to the poor and to people of color. This book is a step in the right
direction as it shares the disheartening stories of prisoners who struggle mightily to reenter society.

(To comment on this review, contact Jim Windell at jwind27961@aol.com)

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