



3rd Quarter
2017

THE MICHIGAN PSYCHOLOGIST

A Quarterly Publication of the Michigan Psychological Association

Acceptance and Commitment Therapy Workshop Coming Soon

Jim Windell, M.A.

Want to help your clients free themselves from anxiety, worry and phobias? Do your clients need to break out of patterns in which they are stuck? Would they benefit from cultivating peace of mind?

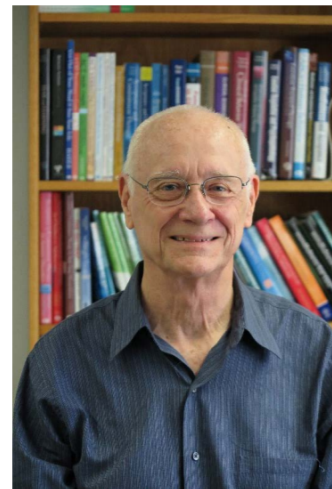
Dr. James Marchman will be conducting a two-day workshop in ACT to help you to be more highly skilled in applying a unique and empirically-based therapy intervention with your clients. The workshop, entitled "Acceptance and Commitment Therapy: Building Lives of Meaning, Purpose and Vitality," is sponsored by MPA and allows participants to earn 12 CE credits for the workshop. The program will take place on Friday October 13 and Saturday October 14, from 8:30 am to 4:30 pm each day at the Henry Center, 3535 Forest Road, Lansing. [Register here.](#)

Acceptance and Commitment Therapy (ACT) aims to promote psychological flexibility, the ability to persist with or change behavior in service of our goals and values, even in the face of challenging circumstances, unhelpful cognitions, or painful internal experiences. The inverse, psychological inflexibility is seen as the result of experiential avoidance (trying to avoid or suppress one's own thoughts, feelings, and memories); cognitive fusion (excessive attachment to certain unhelpful thoughts and rules such that they dominate our behavior); preoccupation with the past or future so as to lose contact with the present moment; and an unyielding attachment to a conceptualized self. These inflexible patterns lead to failure to take needed behavioral steps in accord with core values and result in unnecessary suffering ("symptoms"), demoralization, and ineffective coping.

Rather than seeing clients as broken or defective, ACT therapists perceive them as stuck in these unworkable strategies, and the goal is to help them get unstuck and move forward in their lives with values-guided committed action.

The presenter is James N. Marchman, Ph.D., a clinical psychologist, licensed to practice in Iowa, and certified as a health service provider in psychology by the National Register. He has been practicing psychotherapy continuously and supervising and training others since receiving his Ph.D. in 1973. After serving almost 8 years at the Iowa City VA Medical Center as Director of Psychology Training and Chief of the Clinical Psychology Service, he established a private practice in Iowa City, Marchman Psychology Associates. He was also an adjunct faculty member of the Psychology Department of the University of Iowa - but was recruited in 2000 to the position of Director of the Carl E. Seashore Psychology Training Clinic and Clinical Professor of Psychology. He performed that job until his retirement in July of 2017 while maintaining a private psychology practice.

Dr. Marchman became interested in Acceptance and Commitment Therapy soon after the publication of the first ACT treatment manual in 1999. He obtained extensive training from the



James N. Marchman, Ph.D.

developers of ACT (Steven Hayes, Kirk Strosahl, and Kelly Wilson) as well as other prominent ACT trainers. He also began to teach ACT to his students and colleagues. He has conducted an on-going weekly seminar in ACT for graduate students at the Seashore Clinic for the past 15 years. As an ACT trainer, he has presented numerous workshops, as well as more extended training (6 and 12 week ongoing trainings) to psychologists, psychiatrists, and other mental health professionals in Iowa and elsewhere. With some of his students, he introduced ACT into the Iowa Department of Corrections, and it is now the primary modality for treating domestic abuse offenders. ACT is also being used in several of the residential programs in the correctional system and is being introduced into the prison system.

The overall goal of the two-day workshop training is to help participants learn or deepen their understanding of the psychological flexibility model and cultivate skill in applying it to themselves and their clients. Marchman's program, in addition to his presentation, will include role-plays, discussion, and practice. Specific goals of the program include preparing participants to describe the psychological flexibility model and its components, to be able to explain the rationale for making psychological flexibility the central desired outcome, and to be able to focus on the function of behavior rather than its form.

MPA Members can [register for this workshop online by clicking here](#).

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

Executive Director's Report: More Conferences Planned for This Fall

LaVone Swanson, Executive Director

Welcome to Fall.

I hope everyone had a great summer. Summer always seems to go by so fast now days to me.

MPA is offering a couple of great CE programs this fall:

The first one will be entitled Acceptance and Commitment Therapy (ACT): Building Lives of Meaning, Purpose, & Vitality: A Two-Day Workshop. It features James Marchman, Ph.D., on Friday, October 13 and Saturday, October 14, 2017. This two-day workshop will be held at the Henry Center in Lansing. [Register here](#).

Then, join us on Friday October 20, 2017, at the Grand Traverse Resort Conference Center for a unique CE training on culturally informed clinical practice. More than ever, psychologists are called on to understand diversity factors in order to provide appropriate and effective psychological services and also meet professional licensing requirements. Recognizing and supporting clients' sociocultural identity and understanding the socioeconomic and political factors that impact their lives can be challenging for clinicians while also essential for effective service providing.

This conference will address the overall importance of culturally informed practice, the impact of class disparities on access to mental health services, challenges for clinicians and clients, religion as cultural diversity, and culturally informed practice in integrated care settings. Attendees will also learn about Native American culture and history in relation to mental health, and develop skills to be more aware of and responsive to intersecting identities both in individual practice and within larger health care systems. [Register here](#).

Also, this fall, be sure to save the date for the Fall 2017 Michigan Health Policy Forum. This Michigan Health Policy Forum will be held on November 6, 2017 at the Marriott East Lansing at University Place in East Lansing. The keynote speaker will be Ms. Trish Riley, Executive Director of the National Academy for State Health Policy.



The Michigan Health Policy Forum Advisory Board noted the congressional push to reduce Medicaid expenditures. Despite the fact that "repeal and replace" legislation did not pass, it is assumed that there will be additional congressional efforts to reduce federal Medicaid expenditures. Therefore, the Forum Advisory Board wants to examine large-scale cost containment efforts that have been undertaken by other states to review the options that are open to Michigan. As Executive Director of the National Academy for State Health Policy, Ms. Riley has an excellent vantage point from which to review state activities. Registration will open when the agenda has been finalized.

Finally, here are some publishing opportunities for you. *The National Psychologist* (TNP) newspaper is seeking contributors on a one-time basis for the following:

- An expert in the field of ethics related to psychology. TNP is seeking topic ideas and possible authors for short (700 word) articles. Topics should be "outside the box" as TNP has covered many of the "usual topics" including dual relationships, confidentiality, boundaries, informed consent, and more. Other topic ideas and writers names with contact information are welcome.

- One or two graduate students (preferably 3rd or 4th year) are needed to write a short (400 word) non-clinical article about some psychology topic or school-related topic about which you are passionate. All topics must be cleared with the editor first.

- One or two early career psychologists for a similar type of article (600-700 words). Again, all topics should be cleared with the editor prior to writing in an effort not to duplicate recently published content.

If writing for TNP appeals to you, email TNP at: Natlpsych@aol.com. A sample copy of TNP may be requested at Natlpsych@aol.com. Also, subscriptions are available online at: www.nationalpsychologist.com and follow the link.

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

From the Office of the President President's Report in Fifteen Tweets

Kristin Sheridan, Ph.D., LP
MPA President

Preface: Tweeting has become a hugely important method of communication. The form has its virtues: it is brief, to the point, and as our Tweeter-in-Chief has demonstrated, it is darned effective. For fun and for practice, I am therefore presenting my report this quarter in Twitter form.



Board member Jo Johnson after our last meeting: "I wish our members could see this." (How much we get done harmoniously.) Me too, Jo.



Approaching end-of-year strategic planning meeting: how do we bring our organization up to speed with the digital age?



MPA working hard to resolve crucial licensing issues. Why isn't every LLP and LP in Michigan a member? Blows my mind.

Oh look! A link to membership.

www.michiganpsychologicalassociation.org/join_renew.php



Excited to have younger psychologists joining our board and committees. Man, these folks are SO SMART!



Great training opportunities coming up in October: Cultural Competence and ACT. See you there!



Oh look! A link to register.
www.viethconsulting.com/members/evr/regmenu.php?orgcode=MIPA



Many thanks to Dr. Louis Post, finishing up his term as past-president. His contributions have been invaluable and incalculable.



Dr. Susan Silk (Disaster Relief Committee) is just back from working with Harvey victims through Red Cross in TX. Want to get involved?



Click on any Board member's name to contact them.
www.michiganpsychologicalassociation.org/governance.php



Please consider contributing when you renew your membership. Or becoming a sustaining member.



Ideas for CE's? For innovative change? For action? I would love to hear from you. sheridankm@frontier.com



Thanks to MPA's Insurance Committee, psychology is in a respectful and productive dialogue with insurers.



The MPA family has a new baby! Congratulations to MPAGS re Caitlyn Sorenson and family on a beautiful little boy.



Writing this on my deck by the river on a mild, late-summer day. Hope all of you are enjoying similarly lovely moments.

To comment on this column, contact Kristin Sheridan, Ph.D. at sheridankm@frontier.com.

More on the American Psychological Association's Ethics Code Revision

Jack P. Haynes, Ph.D.

This article is written in the spirit of perceiving that MPA members are interested in Ethics, an important and desirable orientation. In addition to being familiar with the APA Principles and Code of Conduct, it is important to always think ethically. That was one of the main underlying assumptions and encouragements during the vignettes the APA Ethics Committee presented at two very well-attended convention meetings in August; meetings that, quite literally, standing room only.

As I wrote in the last issue of *The Michigan Psychologist*, as a member of the APA Ethics Committee, I am involved in the selecting the ten members (eight psychologists and two public members) of the Ethics Revision Committee to reconsider the current Ethical Principles and Standards. Changing practice circumstances, new ideas, and the occurrence of new issues trigger APA revising ethical standards every few years. The last change was a 2016 amendment regarding torture, now part of Section 3.04: Avoiding Harm.

When finally constituted, the Ethics revision group will work during the next couple of years, and as of yet, there is no specific timeline nor a specific deadline to finish the revision. However, upon completion of the task and submission of the new Code, the Ethics Committee will review their product, as will the Council of Representatives and the APA Board of Directors. Input from APA members also will be sought before adoption.

The Ethical Principles Revision group may begin with a blank slate. It may be that the group, still in the process of being selected as this article goes to press, may consider cultural issues and globalization, or other issues, more specifically than did prior revisions. We shall see. Exciting times.

But my hope, as I previously stated, is that the revision will be completed, at least for review and input before my elected term on the Ethics Committee ends in December, 2019.

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

MPA 2017 Candidate Statements: President-Elect and Treasurer

Two candidates are running for election this year; one for President-elect and one for Treasurer.

Running for President-elect is Elissa H. Patterson, PhD, who is a Health Psychologist, is on the staff at the University of Michigan Hospital.

Dr. Patterson issued the following statement:

I am a health psychologist on the Consultation Liaison Psychiatry service at the University of Michigan Hospital in Ann Arbor. As a current member of the MPA Board of Directors, I serve as the Chair of the Insurance Committee. It is an honor to be nominated for the president-elect position. I see this role as an opportunity to represent Michigan psychologists in local and national efforts to bring awareness to the important prosocial work that we do in clinical, educational, experimental, and organizational roles. I aim to foster continuing advocacy through team work among the Board, committee members, executive office, and our active membership. I would greatly appreciate your vote and support in this endeavor.

Running for re-election as Treasurer is Debra L. Smith, PsyD. Dr. Smith, who has been an MPA member since 1989, has agreed to run for another term.

Her statement:

It has been a privilege and honor to serve as Treasurer for MPA and work with an outstanding group of psychologists for these past 10 years. This past decade has brought a lot of changes to psychology and MPA and participating in growth and change as a part of MPAs board has been rewarding and challenging. If elected, I look forward to continuing MPA's move forward as a fiscally strong and viable organization. My commitment for the next two years would be to continue to grow reserve funds to support MPA during lean times and to financially support projects with the intent of growing MPA's presence for more early career psychologists in Michigan.

The ballots for this year's election will go out on October 6 and voting will end on October 25.

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

MPA to Sponsor Culturally Informed Clinical Practice Program in October

Psychologists are called on to understand diversity factors in order to provide appropriate and effective psychological services and also meet professional licensing requirements. Yet many psychologists did not benefit from comprehensive diversity classes or other diversity experiences while in training. Because of this, several key MPA members, along with others, will be presenting a one-day conference entitled "Culturally Informed Clinical Practice" on October 20, 2017.

Co-sponsored by Central Michigan University's College of Humanities and the Department of Psychology, the Grand Traverse Band of Ottawa and Chippewa Indians, Forest View Hospital, Northern Lakes CPH, and the Human Rights Commission of Traverse City, this program will take place at Grand Traverse Resort Conference Center, 100 Grand Traverse Village Blvd., Acme, Michigan.

The purpose of this conference is to bring together clinicians and representatives of the Tribal Nations community in Northern Michigan to provide a unique and valuable cultural and clinical training with CEU's for psychologists, social workers, licensed professional counselors and certified alcohol and substance abuse counselors. MPA members can earn up to 6 CEUs for participating.

This "Culturally Informed Clinical Practice" conference will address the overall importance of culturally informed practice, intergenerational trauma, religion as cultural diversity, clinical innovations and best practices, challenges for clinicians and clients, and culturally informed practice in integrated care settings and among specific, underserved populations. In collaboration with community elders from the Tribal Nations, this day-long event will include experiential and cultural components specific to Native American communities in Michigan as well as the more traditional teaching components of a clinical training event.

Among the presenters will be Sarah E. Domoff, Ph.D., Ellen Fedon-Keyt, Ph.D., and Mark Kane, Ph.D. Other presenters include David Garcia, LMSW, ACSW, who is currently the Behavioral Health Administrator at the Saginaw Chippewa Indian Tribe in Mt. Pleasant, MI. Garcia has over 25 years of working with Hispanic, Native American and the lower social-economic population; Arlene Kashata, MA, CSAC, a citizen of the Grand Traverse Band of Ottawa and Chippewa Indians in Michigan, received the honor of being chosen the National Indian Student of the Year Award for all American Indian/Alaskan Native Students in October, 1989.

Dr. Lawrence M. Probes, who graduated from Interlochen Arts Academy in 1971, and after entering Eastman School of Music he changed career direction and returned to his hometown, Fort Worth, where he attended Texas Christian University. During premedical studies he played bassoon in the Ft. Worth Symphony, then he went on to medical school at the University of Texas Medical Branch in Galveston. After graduating in 1978 Dr. Probes moved to Grand Rapids,

Michigan where he completed his residency in psychiatry through Michigan State University. He became interested in peacemaking, citizen diplomacy, humanitarian work, public health, and efforts to prevent nuclear war.

Currently "Doc Probes" lives in Traverse City and works for the Pine Rest TC Clinic and the Grand Traverse Band Behavioral Health Services and he performs more than 150 music shows a year as a popular musician, singing and accompanying himself on guitar and piano as a solo artist, as well as with his family band, Cherry Blossom Ramblers, and his tribute band, Peter Paul & Mary Remembered.

MPA members can [register online for this conference by going to Event Registration on the MPA website](#).

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

NOTES OF A PSYCHOLOGY WATCHER Random Thoughts and Observations

By Steven J. Ceresnie, Ph.D.

At an airport, when does unattended luggage become lost?

When a patient says, "I promise I will pay you," don't expect payment.

It is not just books you can't tell by their cover.

When something is too good to be true, it is always false.

At the 2017 APA meeting in Washington D.C., I walked into a restroom marked *Gender Neutral*. There was a white curtain in front of the urinals. I didn't know whether to vote or pee.

My definition of maturity: You know you are mature when you do something even though your parents tell you to do it.

Neuroscientist Antonio Damasio reviewed a new book by Robert Wright called *Why Buddhism is true. The Science and Philosophy of Meditation and Enlightenment*. Damasio agrees with the goal of this book: Buddhism's diagnosis of the human predicament is fundamentally correct, and its prescription is deeply valid and urgently important. Damasio has much praise for this book. Wright strips from Buddhism some of the esoteric religious beliefs, such as reincarnation, and presents findings from evolutionary psychology and neuroscience to support the beliefs and practices of Buddhism.

I have always found reincarnation the most intriguing of beliefs in the afterlife. My only problem with reincarnation is that it is completely ridiculous. From evolutionary psychology, Wright informs us that the overarching principle of human life is to get our genes into the next generation. Everything else is a side show supporting this gene transfer of excess mental baggage, which makes us miserable because of the mismatch between our genetic inheritance and present day circumstances. So 21st century neuroscience has found much to agree with in fourth to sixth century B.C. Buddhism. I suspect that Mick Jagger displayed a profound understanding of Buddhism when he wrote "I can't get no satisfaction."

In his new book *Everybody Lies. Big Data, New Data, and What the Internet Reveals About Who We Really Are*, economist Seth Stephens-Davidowitz shows us that using Big Data from internet searches such as Google and other online responses reveals a whole new way of studying the mind. For example, in his chapter "The Truth about Sex, based on Google searches," Stephens-Davidowitz notes:

- Wives often suspect their husbands of being gay.

- American men report using far more condoms than are sold every year.
- There are sixteen times more complaints about a spouse not wanting sex than about a married partner not being willing to talk.
- There are twice as many complaints that a boyfriend won't have sex than that a girlfriend won't have sex.

In other words, there are huge gaps between what people say and what they do.

I am a short-statured psychologist with deep roots. So it is no surprise that I meet with children and adolescents whose parents think being short is a handicap. They bring their kids to me, I suppose, to expose their offspring to a professional who doesn't seem hung-up about being small by tape measure standards. Of course, this is not the only reason I see these kids. My definition of short-stature is sometimes a disappointment to these kids: "You know you are short when you walk and your feet don't touch the ground." I also tell my little patients that having small feet is an advantage. When your shoes wear out, you can paint them white, and hang them on the rear view mirror of your car.

So there.

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

ALSO FOR PSYCHOLOGISTS

Reflections on Human History

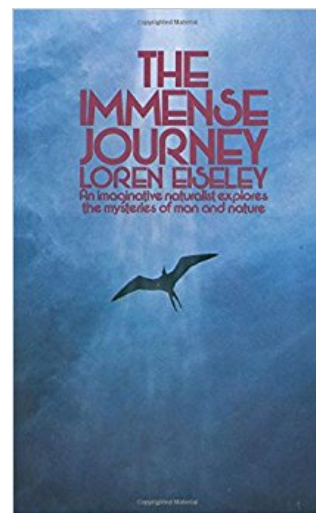
Book Review: Eiseley, Loren. *The Immense Journey*. Random House, 1957.

Reviewed by Jack P. Haynes, Ph.D.

This marks my twelfth *Also For Psychologists* book review for *The Michigan Psychologist*. Completing a dozen reviews seems to afford me the latitude of writing a bit about perspective in writing these reviews. One goal with the *Also* series is to identify and review works that are likely of interest and relevant to psychologists, but are not professional texts and are not directed to psychologists, though, in my view, they are consistent with the value system and interests of many psychologists.

Past *Also For Psychologists* reviews have dealt with books focused on human nature, both expressed individually or in social movements. Only two have been re-reads; that is, favorites of mine that I have wanted to share. This is one of those two: *The Immense Journey* by anthropologist Loren Eiseley, an intellectual hero of mine. Eiseley's perspective encompasses broad and important issues with strong intellectual values, and his works often involve a perspective on time.

Eiseley was a longtime professor at the University of Pennsylvania, and died in 1977 at age 70. He has been recognized as an outstanding writer of clear and insightful prose, though he also has written some poetry. Much of his work is in essay form and some include reflections on human history and humankind's future, including *The Immense Journey*, an early book. Perspective is a characteristic of much of Eiseley's work. He has many admirers, and there is a Loren Eiseley Society. I am thinking of joining since I am an unabashed admirer of his value system, thinking, and writing.



The Immense Journey has 13 chapters, with each chapter an essay. On the cover of one of my copies, Eiseley is described as an "imaginative naturalist," a scientist with philosophical and value links to nature writers Henry Thoreau, who preceded him, and to Annie Dillard, who superseded him. Many of the chapters present an educative format in the context of an interesting and typically personal story or perspective. Eiseley's reflections are rooted in both science and storytelling. Other writers have taken that approach on other scientific topics, but none has been as effective

in intertwining both. Those others include Alan Lightman in *Time Travel & Papa Joe's Pipe*. The perspective and focus of meaning is individual, but the subject matter is universal.

I find Eiseley's work uniquely transcendent of time, and eloquent as he deals with that. For example, in perhaps my favorite of his essays in *The Immense Journey*, "The Slit", Eiseley writes of being on an anthropological investigation on a vast plain, location unspecified. He writes of a crevice "only about body-width," and as he went down to explore "the sky became a narrow slit of distant blue, and the sandstone was cool to my hands on either side." He described the coolness as "like an open grave..."

Eiseley described his descent into the crevice as traversing perhaps 10 million years. He hoped to find a bone but was not prepared for what he came upon. As he lowered himself into the crevice he encountered a skull staring at him, embedded in the solid sandstone. He writes "It was not, of course, human. I was deep, deep below the time of man in a remote age near the beginning of the reign of mammals. I squatted on my heels in the narrow ravine, and we stared a little blankly at each other, the skull and I." And he then powerfully and evocatively writes: "The skull lay tilted in such a manner that it stared, sightless, up at me as though I, too, were already caught a few feet above him in the strata and, in my turn, were staring upward at that strip of sky which the ages were carrying farther away from me beneath the tumbling debris of falling mountains. The creature had never lived to see a man, and I, what was it I was never going to see?"

In *The Immense Journey* Eiseley masterfully and very thoughtfully writes about a variety of topics focused on physical nature, human nature, and evolution from the perspective of an individual life in time - a brilliant life, actually. Eiseley was a person of strong intellectual values, an optimist but also a realist, a person of perspective with an awareness of value of the present moment in the context of vast, passing time. His tombstone, shared with his wife in Bala Cynwyd, Pennsylvania reads: "We loved the earth, but could not stay."

To comment on this article, contact Jack P. Haynes, Ph.D., at jhaynes254831mi@comcast.net.

NOTES OF A PSYCHOLOGY WATCHER

Echoes from a Dungeon Cell

Book Review: Baird, Mimi; Claxton, Eve. *He Wanted the Moon: The Madness and Medical Genius of Dr. Perry Baird, and His Daughter's Quest to Know Him*. New York: Broadway Books, 2015.

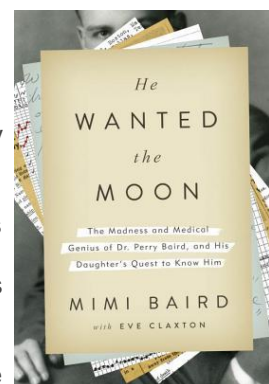
Reviewed by Steven J. Ceresnie, Ph.D.

When reviewing a book, Groucho Marx's comment comes to mind: "From the moment I picked your book up until I laid it down I was convulsed with laughter. Someday I intend on reading it."

Unlike Groucho, I read this book and convulsed with sadness, disgust, shock, and gratitude that Mimi Baird had the grit, courage, and literary skills to write this book.

This story weaves together psychiatric history, gut wrenching descriptions of barbaric psychiatric treatments, biography, and fine literature - all rolled into a book you cannot put down. The story was originally called, "Echoes from a Dungeon Cell."

We learn that when Mimi Baird was 6 years old and her sister Catherine was 4 years old, their father, Dr. Perry Baird, left the family. Dr. Baird was removed from his home against his will and taken to Westborough State Hospital - the first of several psychiatric hospitals. Ms. Baird's father was never talked about, and she saw her father only once when she was a teenager.



Ms. Baird's mother divorced her father in 1944 - the year he left - and quickly remarried. Ms. Baird wrote: "After my mother remarried, it was as if I had lost both my parents."

In her 50's, Ms. Baird got a second chance to know her father through his writings, scrawlings on onionskin paper found boxed-up in a relative's garage, along with medical records and conversations with colleagues and friends. Her father's memoir documented five months of his dreadful life in a psychiatric hospital giving us a rare and perceptive view of a mind on a roller-coaster of sanity and madness.

Her father suffered from manic-depression, now called bipolar disorder, at a time when there were no effective treatments. Earlier in his life, he had attended Harvard Medical School and graduated with highest honors; he was a man who spent all his time studying. Specializing in dermatology, he started a successful practice in Boston after graduating. During his training, Dr. Baird worked with the famous physiologist Walter Cannon. Early in his career, driven by his research and his knowledge of mental illness, Dr. Baird published the article, "Biochemical Component of the Manic-Depressive Psychosis," in 1944 in *The Journal of Nervous & Mental Disease*.

Psychosis took over Dr. Baird's brilliant mind when he was 29 years old. He lost his license to practice medicine. His thoughts became more bizarre. He endured treatments that included straitjackets, cold packs, an 11-day narcosis treatment using sodium amobarbital, and a frontal lobotomy. You may remember that the physician who performed many frontal lobotomies won a Nobel Prize for this "treatment."

In his daughter's book, we find that Dr. Baird had much to say about his psychiatric treatments:

"I pray to God that in the future I shall be able to remember that once one has crossed the line from the normal walks of life into the psychopathic hospital, one is separated from friends and relatives by walls thicker than stone; walls of prejudice and superstition. It may be hoped that psychopathic hospitals will someday become a refuge for the mentally ill and a place where they may hope to recover through channels of wise and gentle care. But the modern psychopathic hospitals I have known are direct descendants of ancient jails like Bedlam, and I believe that they do harm, not good."

After returning to normal health from a manic state, Dr. Baird later writes:

"The feelings of self-criticism, shame, and embarrassment are true foes and they inflict the deepest wounds, undermining self-confidence and making it hard to face the world."

In May, 1959, a year after she graduated from college, Mimi's mother called to tell her about her father's death. He died in Detroit, Michigan in a hotel. He came to Detroit from Texas for work. He drowned in the bathtub, the result of a seizure some say was associated with his lobotomy.

About the book's title, Ms. Baird tells us her father loved to ride horses. Riding partner friends described Dr. Baird as being "supercharged with energy...He wanted to beat everyone - other riders didn't care for him, but he was a great athlete...Your father, he couldn't help himself. You know, Mimi, he wanted the moon."

This book is a significant contribution to the psychiatric literature. We have come many miles from the barbaric treatments Dr. Baird endured. Now, many people with manic-depression can live normal lives - yet many people are never properly diagnosed or treated. Often people experience an average of 10 years of mental chaos before effective treatment is found. And psychiatric maladies are still marinated in fear, shame, and stigma. We have many miles to go; however, this book helps to lead the way.

To comment on this article, contact Steve Ceresnie at sceresnie@aol.com.

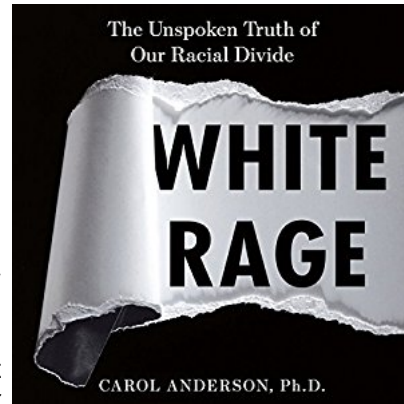
BOOK REVIEW

Book Review: Anderson, Carol. *The Unspoken Truth of Our Racial Divide*. Bloomsbury, 2016.

Reviewed by Jim Windell, M.A.

Carol Anderson is the Samuel Candler Dobbs Professor and Chair of the African American Studies department at Emory University. She is the author of the recent book *White Rage: The Unspoken Truth of Our Racial Divide*.

When we remember and experience - or re-experience - the incidents of social unrest, protests, and inner city riots associated with such cities as Detroit, Newark, Watts, Ferguson, and St. Louis, we know and understand that the provocation was often police brutality or police shooting of an unarmed African-American. That's what generally gives rise to community outrage. Some of us may call it - with good reason - black rage and we can justify the violent responses by recalling 150 years of injustice visited upon African Americans. Injustices, broken promises, and government misconduct are seen by some as legitimate reasons for the anger that frequently pushes people over the edge and out of their houses to take to the streets.



However, what Carol Anderson so capably writes about in this book is not the angry response of blacks to discrimination and injustice. Instead, she details in her book how she had an epiphany one day. She became aware that day of the kindling, the spark, of the black anger igniting violent responses was really white resentment and white rage.

And it is this white rage that typically gets overlooked and ignored in the aftermath of another community uprising. After Anderson's book was published, we witnessed this white rage in its blatant and palpable form in Charlottesville this last summer. Most often, though, Anderson contends, white rage is not visible. "Rather," Anderson writes, "it works its way through the courts, the legislatures, and a range of government bureaucracies."

The author perceives that white rage doesn't have to take the form of a Dylan Roof taking a gun into a black church and killing people point blank. And it doesn't have to be a white man driving his car into a group of protestors. Nor does it have to be a group of white supremacists wearing white sheets. Anderson posits that "within the halls of power, it can achieve its ends far more effectively and destructively in more subtle ways."

Unfortunately, as is clear from our current political climate, white resentment and white rage is all around us. It is graphic and quite apparent. Anderson shows it specifically in the actions of a succession of presidents, including Richard Nixon and Ronald Reagan, in the decisions of the U.S. Supreme Court, in the laws passed by legislatures, and in criminal justice system policies. The High Court, for instance, as Carol Anderson points out, made the following rulings - all within our lifetime:

- Affirmed that the police can stop anyone based on something far below the understood threshold of probable cause;
- Approved racial profiling;
- Upheld harsh mandatory sentencing for drug offenses;
- Tossed out irrefutable evidence of racial bias in sentencing because of its implications for the entire criminal justice system;
- Approved ridiculous peremptory strikes to eliminate blacks from juries (so long as the prosecutor's stated rationale was not based on race);
- Shielded district attorneys from disclosing the role the defendant's race played in prosecutorial discretion.

Although Anderson does not say this in her book, because it came out before the last president election, she has written subsequently that white resentment put Donald Trump in the White House. And it is likely that white resentment and rage will keep him there while he continues to play on the seething, irrational fears about an increasingly diverse America. His pronouncements and his policies feed into his supporters' worst racial fears and worries. Anderson wrote in *The New York Times* recently that no matter how much scandal or evidence of incompetence the

administration displays, the president's followers will continue to believe that Trump - and he alone - can "Make America White Again."

Anderson ends her indictment of the invidious white rage in our land by imagining what our country would be like if Reconstruction had actually been successfully completed, if the South had actually followed the law after the Civil War, and if *Brown v. Board of Education* had actually been implemented. She imagines that if these things had actually happened, we wouldn't have to worry about either White rage or Black rage.

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

PSYCHOLEGAL NOTEBOOK

Removal of a Child from the State: On the Road Again

Robert H. Woody, Ph.D., Sc.D., J.D.

It is an understatement that family structure evolves and membership in the family is not fixed. With the substantial prevalence of divorce these days, it is, therefore, not surprising that divorced parents may encounter disputes about where the offspring will live geographically when a residential parent wants to move, say, a considerable distance away.

Jurisdictions vary in the inherent criteria that judges apply to rulings on the matter of a custodial or residential parent's desire to move in a manner that will have an impact on (e.g., lessen) the contact between a child and the other parent (Fowler & Benson, 2017). Michigan law appears to be neutral on the matter of removal, bypassing the iconic concept of the Best Interests of the Child (BIC). That is, the Child Custody Act of 1970 (MCL 722.26a) is not applicable to removal cases, because there is no dispute about previously decided custody and the matter of parental contact. In Michigan, the lack of a definitive statute on removal allows judicial rulings that seem to support a removal presumption.

Instead, many of the judicial removal decisions, unless addressed in the decree, likely rely on the promotion of positive child development: "The court is keenly aware that of all adjudicatory proceedings, none requires greater thoughtfulness nor imposes graver judicial responsibility than the delicate and sensitive litigation which involves the status of young children or which may affect to any substantial degree existing parental relationships" (*D'Onofrio v. D'Onofrio*, 1976, p. 203). The latter case used a four-pronged analysis: Advantages of the move for improving general quality of life for the custodial parent and child; the motives of the custodial parent in seeking the move and probable compliance with any relevant visitation order; the underlying integrity of the expressed opposition to the move (e.g., financial considerations); and the impact of the move, if granted, on future visitations relevant to preserving and promoting the parental relations between the noncustodial parent and child.

The Michigan Supreme Court has adopted the *D'Onofrio* standard, with a focus that seems to be on the best interests of the family unit and not the BIC (*Brecht v. Hendry*, 2012; see MCR 3.211). Fowler and Benson (2017) believe that the *D'Onofrio* test is compatible with the likely legislative intent due to acknowledgement of the increasing and legitimate mobility in our society.

There is a plethora of evidence-based publications on child custody (along with countless expert opinions that may be less objective). The nature of the *D'Onofrio* test certainly needs psychological testimony and evidence. There is, however, a major problem. To date, there seems to be minimal empirical or scientific data that would accommodate an expert witness to fulfill the requirements of the *Daubert* standard (Woody, 2016). To a great extent, the mental health practitioner is left to deduce opinions for often minimally related sources, which does not assuredly support the level of objectivity that is inherent to, say, the APA Code of Ethics. Until such time as there is adequate evidence-based research on decision making about the likely future impact of a removal, psychologists should exercise considerable caution in offering opinion testimony.

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Robert Henley Woody is a Professor of Psychology at the University of Nebraska-Omaha, teaching law-related courses and serving as President of the Faculty Senate. He is a Michigan Licensed Psychologist and a Member of the Michigan, Florida, and Nebraska Bars, and is based, in part, in the Grand Rapids area. The author retains all rights to this article; it may not be reprinted without his written permission. This article is intended for educational purposes only, and is not a rendering of legal or other professional service.

Author contact: psychlegal@aol.com

To comment on this article, email Robert Woody at psychlegal@aol.com

APA Condemns Racism and Prejudice Displayed in Charlottesville

Editor's note: There was considerable media attention and discussion of what transpired in Charlottesville, Virginia in August, 2017. Some community and political leaders were clear in expressing disdain for the prejudice, discrimination and violence that was a part of the protest. Others were more equivocal. Here is a clear and concise joint statement from the President and the CEO of the American Psychological Association.

August 14, 2017
Mayor Michael Signer
605 E Main St., # A230
Charlottesville, VA 22902

Dear Mayor Signer:

On behalf of the 115,700 members of the American Psychological Association, I offer our condolences to the Charlottesville community for the loss and trauma you have experienced as a result of the violence that occurred this past weekend. The sight of people carrying lit torches evoked the past violent intimidation of African-Americans by the Ku Klux Klan. And the horror of one man deliberately driving his car into a peaceful crowd, killing one and injuring many, was shocking.

The American Psychological Association condemns the racism, antisemitism and antigay attitudes that were manifested by demonstrators in Charlottesville. APA opposes prejudice, discrimination and violence against others. Psychologists are committed to improving the conditions of individuals, groups and society. Psychological research has shown that prejudice, stereotyping and discrimination can have adverse effects on both the targets and the perpetrators. These effects include heightened vigilance, anger, anxiety, depression and physical symptoms. Discrimination can create a climate of rejection, fear, anxiety and insecurity, for both individuals and the target group as a whole. Exposure to demographically diverse settings decreases prejudice, improves opportunities for stigmatized individuals and prepares people to be better citizens in a multicultural democracy.

We support Charlottesville and our nation in efforts to heal from this recent trauma. Please feel free to share the resources we have provided on our website, particularly "Talking to kids about discrimination," "Helping your children manage distress in the aftermath of a shooting," and "Building resilience to manage indirect exposure to terror."

Finally, we join you in condemning the behavior we witnessed over the weekend and in calling on our nation to unite in opposition to the racist ideology of white supremacy and to bigotry, violence and fear-mongering. We extend our heartfelt sympathy to all the individuals and families affected by this violence.

The diversity of our nation is what makes us strong. The embrace of our differences is what makes us a beacon to others.

Sincerely,

Antonio E. Puente, Ph.D.
President

Arthur C. Evans, Jr., Ph.D.
Chief Executive Officer

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

Have You Just Published a Book or Article?

When you publish a book or article, let us know so we can inform the MPA membership of your scholarship and success. Send an email to the editor at jwind27961@aol.com to let us know what you have had published.

Richard Lobenthal Eulogy

Editor's Note: Richard Lobenthal, the husband of Judith Kovach, the former Executive Director of MPA, died just a few days before this issue went to press. William Brukoff was kind enough to share his notes of his eulogy with The Michigan Psychologist for publication.

Good afternoon. I am William Brukoff. Richard and Judith have been my friends for almost 40 years.

We are here today to celebrate Richard's life. He was one of the smartest, most dedicated and most loving human beings I have ever known. He may, also, have been the most committed and stubborn.

Richard and Judith's relationship was a love affair from the time they met and married in 1977 until he drew his last breath. Judith was by his side, holding him, telling him how much she loved him and thanking him for the wonderful life they had together.

During their life together there were many highs and too many devastating lows. Through it all, Richard and Judith were by each other's side.

Richard was never happier than when he was with Judith and surrounded by his family. Richard related a story to me about the time he was visiting in Erie with his son Adam and Adam's family. During the visit he heard one of the children call out, "Grandpa, can you get me a drink?" When Richard started to respond, Adam had already taken care of it. The request was from Adam's granddaughter Cassidy, Richard's great granddaughter. Richard was amazed that his son was the grandfather who had been called upon.



**Richard Lobenthal passed away
September 28, 2017.**

Richard's daughter LisaBeth shared her feelings about her father: "I could talk with him about anything - I valued his opinions whether they were about relationships, politics or my professional life as a synagogue administrator. He's the smartest, best dad in the world-even when he was being a pain in the ass."

Richard's professional career is legendary. He started working for the Anti-Defamation League in 1959, first in Texas then in Richmond Virginia and finally, becoming the Director of the Michigan ADL office. Richard dedicated himself to ADL's mission, fighting anti-semitism and hate crimes of all kinds. During his tenure with ADL he investigated and infiltrated the Michigan KKK, the Nazi party and right wing militia groups. He worked with the FBI, the State Police, the local police and other law enforcement agencies, rooting out hate groups and disrupting their attempts to organize

locally. There were death threats requiring police protection. He sometimes had to carry a loaded gun to protect himself and his family. Nothing ever frightened him.

Richard was the "go to" person for the local newspapers, radio and television whenever questions relating to race relations and hate groups arose. He would be the first person interviewed and consulted.

While directing ADL, Richard was also a Sociology Professor at Wayne State University, wrote a weekly column in the local newspapers and did a weekly radio program for WDET.

We could never go out to dinner, the theatre or anywhere in public when someone didn't approach Richard and thank him for his work as their professor or commenting (usually favorably), on one of his columns or his radio commentaries. Richard's commitment to social justice was recognized both nationally and internationally. He served on boards and other organizations that are too numerous to mention.

In his work for ADL Richard was extremely fortunate to be surrounded by some of the best minds and most outstanding men and women in this community who were to become the Presidents and Board members of ADL during his 32 year tenure as Director. Many of you are here today. Richard always remembered and appreciated the hard work and dedication that you all provided. He could not have fulfilled ADL's mission without your help.

Richard's career wasn't his whole life. If you asked him, he would have told you that Judith was.

But, that is only partially true. It was sharing his life with her, and his family and friends that gave him the most joy. He loved the Seders, the 4th of July and Labor Day gatherings, and New Years Eve with friends at their Byron farm-eating, drinking and arguing-these were always memorable and happy occasions. We never ran out of things to talk about.

He and Judith loved music, including the Detroit Symphony Orchestra. He loved the theatre. Richard, Judith, my wife Ada, and I went to the Stratford Shakespeare Festival, yearly, for the past 15 years.

Let me share that the four of us spent four days together in Stratford, seeing three plays, on the week end prior to his last hospitalization. Ada and I will cherish that time with him forever.

Then there was travel. Richard and Judith loved to travel. It would be easier to list the places where they haven't been. They visited almost every continent. They particularly loved the balloon ride over the Serengeti during their trip to Kenya and Tanzania and their many trips to France with Sandy and John Shephard. More recently, Mexico became their home away from home.

Richard was devoted, committed, loyal, brilliant, audacious and stubborn. He was funny, quirky and a curmudgeon. He was a husband, father, grandfather, great grandfather, friend, photographer, presence, a hero. These are some of the parts that made up the whole of our friend Richard. He was truly a giant.

After he retired Richard told the story about a woman who approached him after he retired and no longer in the public eye. She asked "Didn't you used to be Richard Lobenthal?" He used to joke that he was now "a wuz." But he wasn't "a wuz" to anyone who knew him.

Richard was one of a kind. Everyone here has a Richard story. He often said that he had lived a full life during which he did everything he wanted to do and that he knew he was loved.

In closing, I want to share two quotations that I believe are appropriate.

The first one is for Richard. Winston Churchill said, "I am ready to meet my maker. Whether my maker is ready for this ordeal is another matter."

The second is for all of us. Helen Keller said, "What we have once enjoyed and deeply loved, we can never lose. For all that we love deeply becomes a part of us."

We love you and miss you, Richard.

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The Michigan Psychologist - 3rd Quarter 2017

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