



MPA Spring Convention Presenters Discussed the Nation's Opioid Crisis

James Windell, M.A.

Recognizing that America has an opioid addiction crisis and that psychologists are on the front lines of this national epidemic, the MPA Annual Spring Convention focused Psychology's Response to the Opioid Epidemic and Pain Management. Held at The Henry Center in East Lansing on April 20, the sold-out program confirmed that many Michigan psychologists are concerned about their role in managing patients with opioid abuse problems.

Leading off the presentations was Carl Christensen, MD, PhD, D-FASAM, who is the Medical Director of Michigan Health Professional Recovery Program, and Clinical Associate Professor in Psychiatry at Wayne State University. Dr. Christensen discussed treatment approaches, their effectiveness and changes in CDC guidelines, and an overview of the neurobiology of addictive disorders.

The first of the afternoon presenters was Michael Geisser, Ph.D., Professor of Rehabilitation Psychology and Neuropsychology in the Department of Physical Medicine and Rehabilitation at the University of Michigan. Dr. Geisser discussed the use of Cognitive Behavior Therapy to treat chronic pain as well as the factors that lead to positive outcomes.

The final speaker of the day was Annmarie Cano, Ph.D., a Professor of Psychology and Associate Dean of Student Services in the Graduate School at Wayne State University. Dr. Cano conducts research on emotion regulation, empathy, and intimacy processes in couples facing health problems. Her presentation dealt with the issues related to working with couples and families when one member of the family is coping with chronic pain.

During the lunch hour between presentations, annual awards were given out and the MPA Annual Meeting was conducted.

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

MPA'S PRESTIGIOUS DISTINGUISHED PSYCHOLOGIST AWARD GIVEN TO DEBRA SMITH

Jim Windell, Editor

This year's award for the Distinguished Psychologist was presented to Debra Smith, Ph.D., at MPA's Annual Spring Convention on April 20, 2018 at The Henry Center in East Lansing.



Dr. Smith is MPA's Treasurer, a position she has held for 12 years. In making the presentation of the award, Kristin Sheridan, Ph.D., described Dr. Smith as the "world's best treasurer," and noted that Dr. Smith has turned around the finances of MPA so that the organization is fiscally sound. She has a clinical practice in Marquette, Michigan.

In accepting the prestigious award, Dr. Smith commented that she was grateful for the award, but felt humbled because as she looked around the room she could see so many other individuals who are "so deserving of this award."



The Beth Clark Service Award went to Jo Johnson, Ph.D. and reflects the years of service to the Michigan Psychological Association, the American Psychological Association, and to the community. When accepting the award, Dr. Johnson said that "I'm no Beth Clark, but I consider it an honor to receive this award."



The MPA Fellow Awards were presented to Thomas Gola, Ph.D., Ellen Fedon-Keyt, Ph.D. and Joy Wolfe Ensor, Ph.D.



Kristin Sheridan, Ph.D. was the recipient of the Past-President's award.

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

MPA President Joins APA in Washington, DC

Jim Windell

On June 22, 2018, Jared L. Skillings, PhD, ABPP, finished his abbreviated term as the 2018 President of the Michigan Psychological Association in order to begin a new job as chief of professional practice of the American Psychological Association.

As chief of professional practice, one of the top positions within APA, Dr. Skillings will have responsibility for positioning psychologists and the practice of psychology for the future. He will be responsible for promoting the practice of psychology and the availability of behavioral health services through federal and state legislative advocacy, legal and regulatory initiatives, and public education.

For the past six years, Dr. Skillings was chief of psychology for Spectrum Health System in Grand Rapids, Michigan. Spectrum Health System is a \$5.7 billion enterprise with more than 26,000 employees, 12 hospitals and 180 outpatient service locations. In his role at Spectrum, he led behavioral health strategy, program and talent development, clinical access, quality and safety, financial management, and system integration. Under his leadership, the number of behavioral health

providers increased from five to 58 (including 32 psychologists), and psychology was integrated into primary care and specialty services, including cardiology and surgery. Dr. Skillings also helped bring about the granting of full medical staff privileges for psychologists, as well as physician status for employment contracting and benefits. As a clinician, he conducted psychotherapy for patients with complex health conditions and pre-surgical psychological evaluations for heart and lung transplant patients.

On May 8, 2018, in announcing the appointment, Arthur C. Evans Jr., Ph.D., APA's CEO referred to Dr. Skillings as possessing "impressive management and practitioner credentials, as well as a deep understanding of the challenges and opportunities faced by practicing psychologists. Dr. Evans went on to say that, "He is dynamic, visionary and innovative, and brings a record of clinical excellence, integrity and deep appreciation for diversity, educational standards and science."

Dr. Skillings will be succeeding Katherine C. Nordal, Ph.D., who retired after leading APA's Practice Directorate for 10 years. "In this post, Dr. Skillings will be responsible for expanding the association's working relationships with key stakeholders, including leaders in state and federal government, the insurance industry and other professional organizations, as well as APA boards and committees and state, provincial and territorial psychological associations," Evans said in a press release from APA. "His job will include ensuring a place for psychologists in the health care marketplace and applied settings, and charting a path forward for the association and the profession."

Dr. Skillings called it an honor to be selected as APA's chief of professional practice. "The American Psychological Association has a distinguished history of representing and advocating for practicing psychologists, developing best practices, and improving the quality and perceived value of the services we provide in our communities," he said. "I look forward to working with my colleagues to demonstrate the value of our profession and to position psychology to capitalize on new opportunities well into the future."

In offering his resignation as President of MPA, Dr. Skillings' statement to the MPA Board of Directors wrote: "While I am enthusiastic about the future, it is simultaneously disappointing that I have to step aside from my role as MPA President. The transition plan is to end my work with Spectrum Health on June 22 and start at the APA on July 2." He added that he felt truly to have the opportunity at APA "to positively influence our profession and health care."

Earlier in his career, Dr. Skillings spent three years as director of behavioral medicine at the Pine Rest Professional Practice Group, the largest independent group practice in the United States. He is also an assistant professor of psychiatry and surgery at the Michigan State University, College of Human Medicine. In 2015, Jared Skillings became the first early career psychologist in the United States to be triple board-certified by the American Board of Professional Psychology in clinical psychology, clinical health psychology, and behavioral and cognitive psychology.

His various leadership positions, in addition to being elected as 2018 president of the Michigan Psychological Association, included serving as 2017-18 chair of the ABPP Council of Presidents of Psychology Specialty Academies; 2017 Chair of APA's Board of Professional Affairs; and 2016 President of the American Academy of Clinical Health Psychology. He is a member of APA Divisions 12 (Society of Clinical Psychology), 31 (State, Provincial and Territorial Psychological Associations), 38 (Health Psychology) and 42 (Independent Practice). Dr. Skillings completed his Ph.D. in clinical psychology at the University of Toledo, with an internship in health psychology at the University of Miami Medical School/Jackson Memorial Health System. His two-year fellowship was in primary care psychology at the Michigan State University/McLaren Regional Medical Center.

In a message to the MPA membership on May 11, 2018, Dr. Skillings wrote on the MPA listserv that "I am SO pleased to have been selected as APA Chief of Professional Practice. It is truly an honor. And while it is disappointing to step back from my leadership roles in MPA and at Spectrum Health, I will take the leadership lessons and friendships that have blossomed with me to Washington DC."

He went on to write that "I have some innovative ideas about how to position psychology practice for the future, which I shared with the APA executives and staff during my interview process. I will begin to discuss and hone these over the coming months. While I believe I have a good pulse of psychology practice, I intend to listen (and listen deeply) so that I can understand what issues are most important to you, to psychology practice, and psychologists from varying and diverse backgrounds and perspectives. I look forward to collaboratively leading psychology practice and the APA towards an even stronger future."

Among the responses from MPA colleagues, Stacey Gedeon, Ph.D. responded on the listserv by writing: "Although the news was unexpected, I am certainly not surprised at this most recent

accomplishment, Jared. Congratulations! I can't thank you enough for the intelligence, compassion, collegiality, and professionalism that you have consistently demonstrated over the years. You will be missed at MPA!"

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

Executive Director's Report:

Staying Abreast with MPA at Mid-Year

LaVone Swanson - Executive Director



Somehow, I missed spring this year! I blinked and all of a sudden it was summer in Michigan. I do hope everyone will have a wonderful summer.

Psychology's Response to the Opioid Epidemic and Chronic Pain in Michigan: The topic for this spring's Annual Conference was a rousing success. Over 115 Psychologists, Master's Level and Students attended the day-long program at the Henry Center. MPA videotaped the entire program and the video will be available soon for purchase of the webinar and the opportunity to receive CEs. Once the video is ready we will notify all MPA members with instructions as to how you may purchase and complete the webinar.

Programs for 2018: The MPA Program Committee has planned several other programs for the balance of 2018:

July 13, 2018:

Telepsychology: Alex Siegel, J.D., Ph.D.
Okemos Conference Center
Okemos MI

October 5, 2018:

Ethics and Pain Management
Marquette General
Marquette, MI

October 19, 2018:

Brains and Behavior
Co-Sponsored with MAPP
Kalamazoo, MI

Dr. Jared Skillings: As many of you have heard, Dr. Jared Skillings, current MPA President, has stepped down from that role to accept a position with APA in Washington, DC. We all wish Dr. Skillings the best in his new position. As this move created an opening for President, MPA is very fortunate to have Dr. Elissa Patterson, Ph.D., current MPA president-elect, who has agreed to accept that role six months earlier than expected. Dr. Patterson will assume the role of MPA President on July 1, 2018. Per MPA Bylaws, Article VI, Officers, within 60 days, MPA will hold a special election for President-elect. A request for nominations from the membership has been published.

Memo of Understanding: The MPA Board approved a Memo of Understanding (MOU) to offer CE's from the National Register of Psychologists. The National Register creates 9 webinars annually, with a cost to take one set at \$35.00, but MPA members will receive a special price of \$25.00, a savings of \$10.00. Check the Friday Update newsletter and your email for program announcements.

2018 Mid-Year Budget: At the July MPA Board meeting, the Board will be asked to approve the 2018 mid-year budget as presented. The budget remains balanced for the remainder of 2018 and has been approved by both the Finance Committee and Executive Committee.

I look forward to seeing many of you at one of our upcoming MPA programs. Enjoy the summer here in Pure Michigan.

As always, I welcome your input, questions and concerns about MPA. Feel free to contact me at

any time via email.

As always, I welcome your input, questions and concerns about MPA. Feel free to contact me at any time via email at lavone.swanson@gmail.com.

ALSO FOR PSYCHOLOGISTS REVIEW

Book Review

James Forman, Jr. (2017): *Locking Up Our Own: Crime and Punishment in Black America*. New York: Farrar, Straus & Giroux.

Reviewed James Windell, M.A.

James Forman, Jr., a professor of law at Yale University, has written a wonderfully lucid and compassionate book that looks at just how endemic racism is in America.

How endemic is it?

It is so much a part of our society that even African-American leaders are complicit in the development of the harsh laws and policies that ultimately led to mass incarceration. Forman, who is African-American, was a public defender in Washington, D.C. before he went on to teach law at Yale. In D.C. as a public defender, he had the opportunity to observe firsthand how lives - and communities - were devastated by the criminal justice response to drug crimes as well as to non-violent offenses. He was also involved in the Washington, D.C. political scene as laws were passed which would mandate harsh sentences for various kinds of drug violations and other kinds of offenses. In this book, Forman traces how a city with strong black leadership came to have so little tolerance or compassion for the young men - and they were mostly young men rather than young women - who were involved with drugs and who committed both violent and nonviolent crime, often related to drug addiction.

This book tells a story about what African Americans thought, said and did in Washington, D.C. from the 1970s into the 2000s. Although Forman focuses on the actions of black officials, he does not "minimize the role of whites or of racism in the development of mass incarceration." He indicates that to the contrary, it was racism that shaped the political, economic and legal context in which the black community and its elected representatives made their choices. As Forman notes early on in the book, "From felon disenfranchisement laws that suppress black votes, to exploitative housing practices that strip black wealth, to schools that refuse to educate black children, to win-at-all-costs prosecutors who strike blacks from jury pools, to craven politicians who earn votes by preying on racial anxieties, to the unconscious and implicit biases that infect us all, it is impossible to understand American crime policy without appreciating racism's enduring role."

The story of the war on drugs in Washington, D.C. is as story about how a majority-black city, like D. C., with black leadership remained committed to marijuana prohibition, and he points out, this was obviously not about city officials who were acting out of indifference or hostility to black lives when imposing tough criminal penalties that disproportionately burdened a black minority. Instead, D.C.'s black leaders saw themselves as guardians of the black community and they wanted to protect that community, especially young people, from the dangers of drug use. The leaders of D.C. did not want to harm the community by imposing tough sanctions on minor drug use, however, by enacting incremental steps, there was increasingly more serious collateral damage.

What Forman learned, and what he relates in this book, is a cautionary tale. It's a history lesson that should be learned and understood by all of us. More importantly, this history lesson deserves to be read and understood by everyone who cares about how our society, and especially our communities of color, carries on the current approach to criminal justice.

During the second term of President Barack Obama's administration we could be proud that the president was speaking out and taking action to counter the previous decades' tough-on-crime approach. President Obama understood that since the 1970s and the beginning of the War on Drugs, the "tough-on-crime approach" that dominated our criminal justice system's means of going about business was code for "Let's throw the book at young men and women of color, who victimize the good people of color."

Unfortunately, the current administration in Washington has no demonstrated understanding of our criminal justice history and tends to govern through slogans and simplistic policies that reflect no understanding of what has worked in the past and, more significantly, what has failed miserably in the past.

Although neither our U.S. Attorney General nor our president is likely to read this book, the rest of us can read and digest this book in order to advocate for changes in our criminal justice system; changes that would reform our approach to dealing with drug offenses and other crimes; changes that would rely on intelligence, compassion, insight, understanding, and a sense of what is best for our communities - not what is best for garnering votes from the portion of our electorate that operates out of fear and ignorance.

You can comment on this article by contacting James Windell at jwind27961@aol.com

Advocate for Social Justice: Meet MPA Member Sarah Domoff

By Kristin Sheridan, Ph.D.

To talk with Dr. Sarah Domoff is to discover her energy and enthusiasm for her work. Initially interested in medicine, Dr. Domoff found her calling in psychology after working at a dual-diagnosis treatment center. That and other experiences also informed her interest in issues of diversity and social justice. "With most of my training taking place in community mental health settings," she told me recently, "I became acutely aware of the impact of poverty and lack of access to mental health treatment on the wellbeing of children."



But her interest in issues of social justice goes back to her childhood. "As I grew up, my family had many discussions about social inequality and discrimination," she said. "I also had parents and grandparents who were feminists and promoted speaking out against inequality and racism." When she was asked to take over as Chair of MPA's committee on Diversity, Inclusion and Social Justice after several years as a member, Dr. Domoff stepped right up.

As Director of the Family Health Lab at Central Michigan University (CMU) and Assistant Professor in the Department of Psychology, Dr. Domoff studies how children, adolescents and parents use mobile technology, and also studies the potential impact of such use on child health and development. "It's a training clinic," she said, "so clinical psychology PhD students work with me on assessing and treating problems like cyber-victimization, digital addictions, and other problematic media and mobile phone use." Dr. Domoff has also led a team in developing the first measure of problematic media use in children (<http://psycnet.apa.org/record/2017-51599-001>).

In addition to her teaching and clinic work, Dr. Domoff regularly conducts trainings for mental health professionals in the use of the Problematic Media Use Measure and on the importance of routinely assessing for screen *addictions* in both children and parents. "Clinical psychologists now have a tool to identify which children are at risk for problems associated with too much screen time," Dr. Domoff said. "Additionally, my clinic has developed interventions to reduce problematic use of screen media during childhood and adolescence. It is important that these strategies are shared with other psychologists in Michigan, in order to help families successfully navigate our digital age."

Dr. Domoff is also a member of an APA Task Force on Device Management, where she and other Task Force members will be developing guidelines for psychologists on their own technology use, as well as how to facilitate healthy relationships with technology for individuals seeking such treatment. "This is a very new area with few researchers or clinicians with expertise," she said. "As a topical issue, it will be important for those seeking help to find knowledgeable experts." Meanwhile, help is available at her clinic at the Center for Children, Families, and Communities at CMU (<https://www.cmich.edu/colleges/chsbs/psychology/centers/ccfc/pages/default.aspx>).

Dr. Domoff encourages colleagues who want to learn more to contact her at

Forensic Psychology Ethics Presentation In Poland

Jack P. Haynes, Ph.D.

In May of this year I had the opportunity to lecture in Krakow, Poland to faculty and students at the Institute of Applied Psychology of Jagiellonian University (Krakow University), founded in 1364. Jagiellonian University is the oldest university in Poland and the second oldest university in Central Europe. Distinguished alumni of Jagiellonian University include Nobel Prize winners, the future Pope John Paul II, anthropologist Bronislaw Malinowski, and also, perhaps most significantly, the mathematician and astronomer Nicholas Copernicus.

Jagiellonian University has 4,000 academics and 40,000 students in 80 disciplines. Its library contains more than six million volumes, including the original manuscript of Copernicus *De Revolutionibus*. The university (and it seemed Poland in general) has significantly benefited from being a member of the European Union after Communism was overthrown in 1991.

My topic at the Institute was the state of Forensic Psychology Ethics in the U.S.. I included discussion of the scope of forensic psychology and forensic psychology practice in our country, presentation of licensing laws in the U.S., licensing board functioning, the APA Ethics Code and its revision, and related topics. I lectured in English for 75 minutes and was positively impressed by the language understanding and expressive abilities of both faculty and students. I also was positively impressed by the rigor, insight, and subtlety of their inquiry. The experience was intellectually stimulating and emotionally engaging.

My connection to the university was through Dr. Przemyslaw Piotrowski, Head of the Department of Forensic Psychology and Criminology at the Institute of Applied Psychology of Jagiellonian University. His research interests include maximizing the efficacy of psychological treatment in correctional institutions. He and Dr. Stefan Florek, whom I also met, presented on that topic at the 29th International Congress of Applied Psychology in Montreal a few weeks after my visit.

As part of my preparation, I became familiar with the Polish Psychology Code of Ethics. I found their Code to be practical and detailed, though structured differently than the APA Code. There is less emphasis in Poland upon independent psychological practice. There appeared to be a cognitive behavioral orientation in Polish clinical practice, but also an emphasis on biological determinants of behavior in the context of an evolutionary perspective.

English is spoken to some extent by more inhabitants of larger cities, especially by people under about age 35 or 40. In Poland I experienced repeated expressions of warmth, interest, acceptance, as well as patience and tolerance toward a non-Polish speaking American when he attempted to communicate bits of Polish. These cobbled together Polish nouns, verbs, and guidebook-based stock idioms seemed to be received best by people who also spoke some English. I found the Polish language far more challenging than Romance-based languages. Parenthetically, we encountered very few Americans (or native English speakers) during the two weeks in Poland, which was surprising to me.

One final observation: My wife and I took a train to a small, remote Polish town where a relative had been born and later emigrated on his own 120 years ago. We were the only passengers who got off the train at that stop. Walking toward the town and while in the town we encountered no English speakers - I emphasize no. There were not even many people around. Those few hours felt isolating and led to a sense of being almost invisible. My firsthand experiences enhanced and broadened my appreciation of the perceived challenges that a non-native language speaking immigrant likely would encounter upon arrival in a foreign country. My exposure lasted just one afternoon, and I can only speculate on how challenging it would be over time without the resources that were available to me. What I encountered clarified at a visceral level how and why arriving immigrants often cluster together in their newfound environments—it would be functional as well as comforting to a stranger in a strange land.

Classified Ad for Prospective Clinicians

LUXURIOUS FARMINGTON HILLS OFFICE - Small psychodynamic group seeking psychologist to share office space. 320 sqft furnished office w 4 windows. Abundant referrals. Elegant building with atrium, fountains, cafeteria, marble staircase and other appealing features. Located on Northwestern Highway corridor between Middlebelt & 14 Mile Road. (248) 737-0040

The Write Stuff

By Steve Ceresnie, Ph.D.

Although you may know Jim Windell as editor of *The Michigan Psychologist*, where he constantly showcases the talents of MPA members, it is about time for readers of this newsletter to learn more about him.

Jim is an adjunct faculty member in the Criminal Justice Departments at both Wayne State University and Oakland University. He was a court clinical psychologist with the Oakland County (Michigan) Circuit Court's Psychological Clinic for more than 25 years. In this position he conducted group therapy with delinquent adolescents and co-led a high-conflict post-divorce group. Prior to that he was a probation officer in the juvenile court and a supervisor in a delinquency prevention program. For more than 30 years Jim was a weekly newspaper columnist writing about parenting and music. He knows a good deal about jazz and worked for several years with Alexander Zonjic, a local, internationally renowned jazz and classical flute player, as well as jazz pianist Bess Bonnier.

Jim also writes books and the following titles are the books Jim has written since 2011:

Windell, James. *The Student's Guide to Writing a Criminal Justice Research Paper*. Kendall-Hunt Publishing, Revised 3rd edition, September 2015

Windell, James; Margerum, Judy & Price, Jerry. *Take Control of Your Divorce: Strategies to Stop Fighting and Start Co-Parenting*. Impact Publishing, 2011.

Windell, James & Axelrod, Bradley. *Dissertation Solutions: A Concise Guide to Planning, Implementing, and Surviving Your Dissertation*. Rowman & Littlefield Publishers, Inc., 2012.

Windell, James. *The Everything Child Psychology and Development Book*. Adams Media, June 2012.

Windell, James & Seyuin, Mary. *In Pursuit of Forgiveness*. Adept Group Services, 2012.

Windell, James. *The American System of Criminal Justice*. Cognella Academic Publishing, 2013. Revised 2nd edition 2016.

Windell, James. *The Inspired Quilts of Jane Rowan Windell: 2006 - 2013*. Blurb Publishers, 2013.

Windell, James. *Teaching Good Behavior to Your Child: An 8-Week Program for Parents*. Educational Technologies Limited, 2013.

Windell, James. *50 Childproof Techniques for Parents*. Parenting Avenue Press, 2014.

Windell, James & Seyuin, Mary. *Empowering Parents with Childproof Discipline for Teens: Parent Workbook*. Parenting Avenue Press, 2014.

Windell, James. *Looking Back in Crime: What Happened on this Date in Criminal Justice History*.

CRC Press, 2015.

Windell, James & Bain, Nicole. *Juvenile Delinquency and Juvenile Justice: Case Studies Workbook*. CRC Press, 2015.

Windell, James & Meekhof, Kristin. *A Widow's Guide to Healing: Gentle Support and Advice for the First Five Years*. Sourcebooks, 2015.

Windell, James & Grana, Glenn. *Crime and Intelligence Analysis: An Integrated Real-Time Approach*. CRC Press, 2016.

Windell, James. *Who Shaped the American Criminal Justice System?: Innovators and Pioneers*. Cognella Publishing, 2018.

LaBuda, Jennifer; Axelrod, Brad; Windell, James. *Cognitive Behavior Protocols for Medical Settings: A Clinician's Guide*. Routledge, 2018.

At the present time, Jim is completing a novel, revising his play about Billie Holiday, working on a book about wrongful convictions, and finishing a textbook on juvenile justice and race.

It is a privilege to call Jim my friend and we are lucky to have his write stuff editing our MPA Newsletter.

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

What Happens When You Read?

Book Review: Willingham, Daniel T.; *The Reading Mind: A Cognitive Approach to Understanding How the Mind Reads*; New York: Jossey-Bass.

Antu Segal, Psy.D.
MPA Communications Chair

When I was approached to read this book, I was not sure what to expect. I asked myself, how do I read? How did I learn to read? Since I learned to speak in Spanish before reading in English, did that affect my reading in the long term? The author, Daniel T. Willingham, Ph.D., attempts to describe what happens when an individual reads; specifically, what the mind does as an individual reads. The author clearly states that describing how an individual reads is a complex phenomenon with numerous parts and he is only going to cover a cognitive approach to reading (which he does mainly while also incorporating emotional and behavioral aspects to reading).

The book begins by first describing how the reader sees letters, then how the reader sees words, how the reader interprets the word meaning, how the reader comprehends sentences, etc. - with each chapter dedicated to a specific topic. The first few chapters are geared toward understanding how a reader reads; what follows is a quick summary of each chapter.

In chapter one, Dr. Willingham explains that the purpose of reading is to communicate a thought across time and space. To understand how the mind reads, the author states it is necessary to understand how language is written and represented by writing codes (i.e., Roman alphabet). Chapter two describes how the reader must first distinguish letters from each other, must hear individual sounds for the letters and learn how to map the letters to the speech sounds for each letter (i.e., sound-based code), which gives the reader semantic meaning of the letters and the words made up by these letters.

Chapter three pulls together the concept that the reader not only needs to learn the sound of a word, but also has an orthographic representation of the letters put together; therefore, a meaning is created in the mind after reading a word. Chapter four delves further into the understanding of how the meaning of the letters and words is represented in the mind, which takes the context the word is presented in to help the reader understand the definition of the word. Dr. Willingham notes that it is not only important to have breadth of vocabulary, but also depth of the connections between words (i.e., watermelon, fruit, red on the inside, etc.).

Chapter five details the process of understanding words that make up a sentence and then extrapolating the meaning of sentences together. Once a reader is able to extract the idea from the sentence and connect the ideas, the reader is said to form a situation model depending on the readers' knowledge of the text being read.

The last two chapters of the book are more thought provoking as they bring up the question as to why some individuals read and others do not, as well as discussing how the digital age has affected reading (or not!). Chapter six basically states that to be a good, skilled reader one must read a good amount. Now, it is imperative to note, that the author states that whether an individual reads or does not read is based on his or her attitude toward reading, motivation to read and is in an environment conducive for reading. After reading this chapter, I thought to myself, so if I were to increase my reading, I would read better, enjoy reading more, see myself as a reader and have a more positive attitude toward reading (!); therefore, after reading this book, I resolve to read more!

The last chapter in the book describes how the digital age has changed reading. Essentially, the author describes that there are negative and positive effects to reading such as more availability of reading material and more boredom because of the availability of other activities.

Overall, the book was fascinating to read. Reading this book was easy, quick and straight to the point. I had never really thought of "how" I read and, now, I have a better understanding of how I learned to read and how I can sustain reading as a regular activity. It was interesting to learn that our reading rates are guided by our motivation to read, availability to read, and the context in which we live. An aspect of the book I really enjoyed was the discussion questions posed at the end of each chapter. These questions furthered my understanding of what I just read, but also challenged my understanding of what I had just read, which will be useful in the long term.

(To comment on this book review, contact Antu Segal, Psy.D., the chair of the Communications Committee, at antu.schamberger@gmail.com)

NOTES OF A PSYCHOLOGY WATCHER

The 7 Statements You'll Never Hear a Parent Say to Their Kids

Steven J. Ceresnie, Ph.D.

1. "Why don't you find a more expensive college to attend."
2. "Stop calling me so often."
3. "I like all the girl/boyfriends that you date."
4. "You should pick a career you love and not worry about making a living."
5. "Bring your kids over every weekend so the two of you can have weekends to yourselves."
6. "I'd love to make a bigger down payment on your first house."
7. "I'll buy a used car and give you my new one."

"To wisecrack about this article," contact Steve Ceresnie at sceresnie@aol.com.

Using a Brief to Support Daubert in Expert Testimony

Robert H. Woody, PhD, ScD, JD

Based on my long-term involvement with psychology in the courts, I believe that opportunities for Michigan psychologists in the legal system are flourishing, perhaps more than ever. It is true, of course, given economic current conditions, attorneys may want to restrict unessential usage of expert testimony.

Michigan law, such as for expert testimony by psychologists, now emphasizes the essence of the standard set by *Daubert v. Merrell Dow Pharmaceuticals* (1993) and its progeny (Woody, 2016). However, judicial discretion still allows use of the so-called *Davis-Frye* test, adopted in *People v. Davis* (1955). Michigan applies a hybrid test that combines the *Frye* (1923) and *Daubert* tests for purposes of determining the admissibility of testimony. *Clerc v. Chippewa County War Mem'l Hosp* (2007) specified that "the court 'shall' consider all of the [*Daubert*] factors listed in MCL 600.2955(1)." Here are the criteria:

600.2955 Scientific or expert opinion or evidence; admissibility.

Sec. 2955.

(1) In an action for the death of a person or for injury to a person or property, a scientific opinion rendered by an otherwise qualified expert is not admissible unless the court determines that the opinion is reliable and will assist the trier of fact. In making that determination, the court shall examine the opinion and the basis for the opinion, which basis includes the facts, technique, methodology, and reasoning relied on by the expert, and shall consider all of the following factors:

(a) Whether the opinion and its basis have been subjected to scientific testing and replication.

(b) Whether the opinion and its basis have been subjected to peer review publication.

(c) The existence and maintenance of generally accepted standards governing the application and interpretation of a methodology or technique and whether the opinion and its basis are consistent with those standards.

(d) The known or potential error rate of the opinion and its basis.

(e) The degree to which the opinion and its basis are generally accepted within the relevant expert community. As used in this subdivision, "relevant expert community" means individuals who are knowledgeable in the field of study and are gainfully employed applying that knowledge on the free market.

(f) Whether the basis for the opinion is reliable and whether experts in that field would rely on the same basis to reach the type of opinion being proffered.

(g) Whether the opinion or methodology is relied upon by experts outside of the context of litigation.

(2) A novel methodology or form of scientific evidence may be admitted into evidence only if its proponent establishes that it has achieved general scientific acceptance among impartial and disinterested experts in the field.

(3) In an action alleging medical malpractice, the provisions of this section are in addition to, and do not otherwise affect, the criteria for expert testimony provided in section 2169.

At this time, there is a legal expectation (requirement?) that expert psychological information submitted for admissible evidence shall reflect professional scholarship. That is, personal opinion per se without a behavioral science basis is potentially inadequate.

One basic method for establishing this learned status is for the psychologist to rely on a "brief," which an attorney would offer to the court and would potentially be subject to examination and cross-examination. Such a brief would provide case-based reasoning: "an approach in which information about or obtained from previous similar situations (cases) is applied to the current situation, typically to make a decision or prediction or to solve a problem" (VandenBos, 2015, p. 161).

In law (and psychology as well), whenever there is a relevant issue in professional services, it is important to consider what research has revealed about the subject or academic substance. Commonly, empirical research refers to data-based research and involves "any procedure for conducting an investigation that relies upon experimentation and systematic observation rather than theoretical speculation" (VandenBos, 2015, p. 366).

In psychology, evidence-based research involves "the integration of the best available scientific research from laboratory and field settings with clinical expertise so as to provide effective psychological services that are responsive to a patient's culture, preferences, and characteristics" (VandenBos, 2015, p. 390). Regardless of the potential expert's credentials or years of experience, a behavioral science foundation should be established.

In law, the brief is an equivalent form of research that collects information in a document used to submit a legal contention or argument to the court, such as the facts of the case and legal arguments. Due to the Michigan evidence rules cited earlier, a psychologist's testimony must be supported by behavioral science and legal authority (e.g., statutes, regulations, and previous court decisions).

A brief can take on various structures, and may focus on a case or issue or on the breadth and depth of the total scope and substance of the legislation and cases (e.g., all seemingly relevant materials facts, issues, and analyses). In any event, use of a brief should minimize or eliminate unfounded subjectivity.

It may well be that the attorney who brings the psychologist into the legal proceedings will want to draft the brief. The attorney should avoid attempting to "put words into the mouth of the psychologist." An authoritative brief can buttress the quality of the expert testimony.

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

Awakening a Slumbering Spirit

Book Review: Ortman, D. (2016). Depression anonymous: The big book on depression addiction. Hollister, CA: MSI Press.

By Robert L. Funaro, Ed.D, LLP, Hospice Volunteer

This is the second work that this reviewer has been honored to read and review from the author Dr. Dennis Ortman. It is a noteworthy work delving into a clinical process addressing depression. It is this reviewer's experience that Dr. Ortman in this work weaved masterfully the interconnectedness

of the complex issues of depression with the paradigm of the 12 Step Program. He cites case stories, diagnostic information and recommendations along with a thorough and clear explanation of the 12 Step Program to communicate the relatedness of depression and healing with the human processes necessary to assist clients to live very satisfying and fulfilling lives.

He clearly explains that Change, Understanding, Growth and Acceptance of one's dynamics involve the many folded processes of loss, grieving, and acceptance. The work is a kind of roadmap for assisting a client with the inevitable reshaping, reframing of one's perception of oneself. If one is willing to accept the challenges that facing, accepting, and overcoming this depression addiction can have in one's life then the outcome can be most satisfying leading one to personal happiness and fulfillment. Learning to pay attention to one's feelings and reflecting on the layers of one's life can assist one to peel back the layers of depression. The reflective process permits one to contemplate the inner voice without giving in to the temptation toward personal desolation. Overcoming one's shame and guilt and searching for friends, colleagues, and professionals who can assist one to see the inner true self is a part of the journey towards healing and self-fulfillment. This process is very well explored in this work.

Using a systematic (step) process of approaching one's inner dynamic, a person can understand their depression, accept it, face it and assist in the process of moving from power to powerlessness in the face of difficult life moments. The author excellently takes a calculated approach to some of the steps of understanding depression. The author offers suggestions to clients who are seeking "recovery" and self-fulfillment. He reminds the reader that "change only happens when the pain of holding on is greater than the fear of letting go." (p. 111).

Acknowledging that one is depressed, recognizing the harm that it has on one's life, can lead to self-compassion and forgiveness as well as healing. Being rid of "bad" habits and proceeding into a new life can be both frightening as well as invigorating - as clinicians, this reviewer believes, we understand this process and have seen it in our practices. This work is practical, challenging, thought-provoking, energizing and reflective all at the same time. With the addition of prayer and personal reflection, life can take on a whole new aliveness. This reviewer particularly enjoyed the phrase that recovery from depression can awaken a slumbering Spirit. I hope that others will take the time to read this work and see how they can awaken this slumbering spirit in the clients that they serve in their practice. I close with this from Anon: "Just when the caterpillar thought the world was over, it became a butterfly" (p. 167).

(To comment on this review, contact Bob Funaro, Ed.D. at Bobfun10@gmail.com)

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