

Meet the New MPA President-elect: Dr. Joy Ensor

Kristen Votruba, Ph.D.

Dr. Ensor earned her Ph.D. from the University of Michigan and works as a clinical psychologist at Ann Arbor Center for the Family (www.annarborcenter.com), specializing in family systems and collaborative problem solving approaches. Dr. Ensor uses a social justice lens to examine the politics and economics of caring for the most vulnerable among us. She is a board member of Hawthorn Center Association (a charitable organization benefiting Hawthorn Center patients) and she is the President Elect of the Michigan Psychological Association.



Dr. Ensor enjoys being a part of MPA because she views its members as "a dedicated, brilliant, and values-driven group of people who work well together around a common purpose." Outside of work, Joy Ensor enjoys classical piano, practicing Tai Chi, service to her synagogue, and spending time with her husband Doug (a fellow psychologist) and her two daughters.

What's on her nightstand? "A Gentleman in Moscow" by Amor Towles.

(To comment on this article, contact Kristen Votruba, Ph.D. at kvotruba@med.umich.edu)

FROM THE OFFICE OF THE PRESIDENT New Initiatives Taking Shape in MPA

Elissa H. Patterson, Ph.D.
President

During this holiday season, I am reminded of the joy that comes from celebrating our connections to each other and also from honoring our differences. It has been another whirlwind few months with many exciting new initiatives taking shape. Here are some of the highlights:

Health Advisory Team: Governor-elect Gretchen Whitmer's transition team invited MPA to participate in a Michigan Department of Health and Human Services (MDHHS) Advisory Committee Call last month. After consulting with the MPA Board of Directors and colleagues with different perspectives on the needs of individuals served by the MDHHS, I compiled a list of written recommendations. The recommendations are detailed, so I'll summarize the gist here, but will be happy to share more specifics by email for those who are interested.

We focused on two main areas:

- 1) **Access to care.** That is, behavioral/mental health and substance abuse treatment as well as comprehensive pain management including non-pharmacological options;
- 2) **System design issues.** Improve user interfaces at all levels and utilize recommendations from the Boilerplate 298 workgroup that proposed testable models to overhaul and better integrate mental and physical health treatment services.

As part of this advisory committee, we continue to receive updates from the governor-elect's transition team as well as opportunities to share perspectives informed by the science of psychology.

State Legislature Advocacy: Thank you to all of you who contacted your representatives and senators to support MPA legislative efforts that Sandi Jones, M.S., and Judith Kovach, Ph.D., worked on tirelessly. During this legislative session, a State Commission on Suicide Prevention was created, and MPA will be one of the organizations to recommend members to sit on this commission. In addition to monitoring for bills relevant to psychological practice, there were two main issues that MPA was involved with during the legislative session that just ended. The first involved successfully protecting the public from a bill that would have expanded the scope of practice of master's level counselors without mandating appropriate coursework and training in mental health.

This is a complicated issue, and MPA, along with several other health profession organizations, advocated strongly for appropriate training, as well as specific language delineating neuropsychological testing as outside the scope of master's level counselors. The second issue, which our colleagues at MAPP and many of you got involved in, was a long-standing effort to establish independent psychotherapy practice for clinicians with master's degrees in psychology.

This bill and misunderstandings about it brought about strong reactions and significant turmoil in MPA's relationship with another group of master's level clinicians. Ultimately, this bill did not pass. Going forward, MPA will continue efforts to collaborate with statewide master's level psychology colleagues to advocate for them to be able to practice psychotherapy alongside master's level clinical social workers in Michigan.

Practice Leadership Conference - Washington DC, 2019: The American Psychological Association hosts an annual conference to develop legislative advocacy and leadership skills in affiliated state organizations. The culmination of the conference is a trip to Capitol Hill to meet with our Michigan senators and representatives to advocate for legislative issues relevant to the practice of psychology. In March of 2019, several members of MPA's leadership team (Jo Johnson, Ph.D., Joy Wolfe Ensor, Ph.D., LaVone Swanson and myself) will travel to Washington, DC for this conference. We are proud to announce that we will also have two Early Career Psychologists, Lisa Vroman Stokes, Ph.D. and Antu Segal, Psy.D., participating in the practice leadership conference this year. Next year we hope to have a diversity delegate as well.

Continuing Education: Follow the [MPA home page](#) for upcoming CE activities and opportunities to meet the 3 CE credit requirement for Ethics. For institutions that are interested in offering APA approved CE events but do not have APA CE approval, MPA Executive Director, Mr. LaVone Swanson can provide a CE Conference Planning Guide to facilitate partnerships with MPA, for a fee.

MPA Listserv Management: Longtime MPA Sustaining Member Howard Moore, Ph.D., LaVone Swanson, and I will serve as the first members of the MPA Listserv Management Team. We will periodically post reminders about listserv rules and tips to optimize the experience for all who use it. We welcome communication from anyone else interested in joining us on this mission.

Early Career Psychologist (ECP) Committee: MPA thanks pain psychologist, Julia Craner, Ph.D. for her service as second chair of the ECP Committee. Dr. Craner has established a core group of ECPs who are devoted to recruiting, retaining, and serving the needs of early career psychologists in Michigan. MPA welcomes incoming ECP Committee Chair, Lisa Vroman Stokes, Ph.D., a clinical psychologist in the Department of Psychiatry and Behavioral Medicine at Spectrum Health Medical Group in Grand Rapids. Dr. Vroman Stokes will begin her term in January of 2019.

Michigan Health Psychology Conference: In November, I was fortunate enough to attend the first annual Michigan Health Psychology Conference at Schoolcraft College in Livonia, organized by MPA Integrated Care Committee Chair, Jennifer Peltzer-Jones, Psy.D. and several of her colleagues at the Henry Ford Health System. It was a much-needed meeting that enabled sharing of ideas among an under-represented contingent of psychologists in MPA. The presentations were cutting edge, and it was clear that there is a desire to pool our strengths and build a statewide health psychology network. Partnerships to help combat the pain and opioid crisis are already developing from that meeting.

Happy New Year: Looking forward to the start of the new year with light and warmth increasing each day as we head into spring!

As always, please don't hesitate to reach out if you are interested in getting more involved in the exciting initiatives at MPA.

MPA on Instagram

The news from Antu Segal, Psy. D., Chair of the Communications Committee, is that MPA now has an Instagram account.

You can find MPA's Instagram account at @michiganpsychologicalassn.

This means you can now follow MPA on Instagram for important information regarding psychology in Michigan.

According to Dr. Segal, "MPA is hoping to reach more individuals via a different social media platform and is committed to disseminating information relevant to all professional levels."

Dr. Segal urges all members who may know someone who is not an MPA member to share our Instagram account to showcase the organization.

Executive Director's Report

2018 A Banner Year for MPA

LaVone Swanson
Executive Director



Another year ready to be put to bed. And quite a year it was for MPA.

Early in 2018 the Leadership Team, President, President-elect, MPA's Federal Advocacy Coordinator and myself participated in the Annual APAPO Practice Leadership Conference in Washington D.C. We enjoyed three full days of networking with others from around the country, finishing with visits to our Legislators in Washington.

In mid-spring, MPA President Jarred Skillings, Ph.D., announced that he would be leaving us to take a position with APA, creating a leadership void at the top. MPA's President-elect, Dr. Elissa Patterson, stepped into her role as MPA's President six months early. MPA held a special election per bylaws to elect a new President-elect. Dr. Joy Wolfe-Ensor was elected to that position by the MPA membership, and also agreed to start in her role early.

MPA's Annual Spring Conference was a huge success and was videotaped in its entirety for use as a Video-On-Demand CE program - a first for MPA, but, of course, not the last innovation.

The MPA Program Committee has been busy planning a number of CE programs for 2019. On February 8, 2019 an ethics program will be held at the VistaTech Center in Livonia. The presenter will be Amanda D. Zelechowski, J.D., Ph.D., ABPP, from The Trust. She will present a workshop on Sequence VII: Legal and Ethical Risks and Risk Management in Professional Psychological Practice, Risk Management with the Suicidal Patient, and Legal and Ethical Issues presented by Retirement. Six CEs will be awarded.

On April 26, 2019 the MPA Annual Spring Conference will be held at The Henry Center in East Lansing. One of the presenters will be Dr. Naar-King, who will be returning from Florida to Michigan to present on the topic of Motivational Interviewing.

Ms. Joanna Coddington, has settled into her role at MHSA as our Association manager. Joanna is a fast learner and will be an asset to MPA for years to come. Joanna came for Jackson National Life and also was employed by a lobbyist firm in Lansing.

The MPA Board of Directors approved another balanced budget at the November Board meeting, making it five years in a row now that MPA has balanced the budget allowing for a modest growth and profit.

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

On Demand Continuing Education Available for MPA Members

Seminars presented by MPA will now be available through webcasts with Beacon360.

That according to Program Chair Chris Sterling, Psy. D, will mean greater ease and more ready access to seminars. "The recording of seminars by Beacon360 will lead to the creation of a library of seminars for members to access," says Dr. Sterling. The first seminar is available for CE credit on the MPA website.

Beacon 360 is the company that provides webcasting services to APA and The Trust. This library of seminars assures MPA members can have virtual attendance to obtain certificates for their CEs.

Sterling emphasizes that this will be an outstanding opportunity to have many choices of presenters and seminar topics without MPA members having to travel from their home or office. Part of the library will be seminars from other states associations whom subscribe to the Beacon360 service. "So if there is a very good seminar sponsored by another psychological state association, MPA members and psychologists can view that seminar through the MPA library," says Dr. Sterling. "This is a fantastic advantage not to travel out of state at a particular time."

And Dr. Sterling points out that MPA will continue to hold seminars that will at times be tailored to address specific issues here in Michigan, and allow members to attend a seminar with other psychologist and listen live to a presenter. "We continue to believe that in-person seminars have advantages to network and meet presenters who are experts in their area," Sterling says. "Live seminars are an excellent opportunity to meet colleagues who practice in the state of Michigan."

Executive Director LaVone Swanson adds that the use of Beacon360 is an exciting step forward as MPA has begun to videotape the CE Seminars in order to offer them as a webinar for members and non-members to view. "This will make it possible for psychologists to obtain their needed Continuing Education credits," says LaVone Swanson. "We also hope in the future to begin to use distance learning as a means to deliver CEs as well."

The first seminar - *Psychology's Response to the Opioid Epidemic and Chronic Pain in Michigan* - is now available and is found on the MPA website (www.Michiganpsychologicalassociation.org) by clicking on On-Demand Continuing Education on the home page. Other programs will be added to the catalog in the future.

(To comment on this article, contact Jim Windell at jwind27961@aol.com or Chris Sterling, Psy.D. at Miles702@me.com)

Who is Sabrina Spielrein?

James Windell

A few months ago, my wife Jane, doing research for her dissertation in early childhood education, looked up from her laptop and said, "You do know who Sabina Spielrein is, don't you?"

"I never heard of her," I replied.

"Well, you should," she said. "After all, she was a psychologist."

There were several things I thought about later that I could have cleverly said in response to that but didn't. Nonetheless, the name Sabina Spielrein kept rattling around my brain for several weeks until I decided I needed to know who she was and why she showed up in Jane's educational research. So, I ordered three books from Amazon in order to put an end to the gap in my education. However, before I started those books, I asked several people, all psychologists, if they knew who

Sabina Spielrein was. None knew. Obviously, I was not alone.

The first book of the three that I read was John Launer's 2014 book " Sex vs. Survival: The Life and Ideas of Sabina Spielrein." I quickly learned that Sabina Spielrein was born in Tsarist Russia in 1885 and experienced a severe breakdown during adolescence. Her parents sent her to the Bergholzi Hospital in Zurich, Switzerland, where Carl Gustave Jung was a psychiatrist. The Bergholzi Hospital was the local asylum for the mentally ill. While there, Spielrein received treatment from Jung.

Over the course of the months she lived at Bergholzi, she became his lover and despite Jung's marriage to Emma, he and Spielrein maintained a relationship for many years. Although suffering from the aftermath of abuse, she was also a very bright woman who would go on to medical school and become a psychiatrist herself while, of course, being influenced to explore psychoanalysis because of her friendship with Jung. Before moving to Vienna, she corresponded with Sigmund Freud, eventually attending the Psychoanalytic Society in Vienna where she had several occasions to interact with Freud and many other historical figures in the early history of psychoanalysis.

But this biographical sketch of Spielrein is only part of a much bigger story. Despite the relatively minor position accorded her in the history of psychoanalysis, she, in fact, played a significant role in Jung's refinement of several central ideas and in the formulation of some of Freud's theories - all while making her own unique contributions to psychoanalysis as well as to psychology and education.

The second book I read was "A Secret Symmetry: Sabina Spielrein between Jung and Freud." Written by Aldo Carotenuto and published in 1984, this book came about because the author was the recipient of a treasure trove of documents and letters that had belonged to Sabina Spielrein and were discovered in the musty cellar of a building that had once served as the headquarters of the Geneva Institute of Psychology. Among the letters that Carotenuto came to possess were several from Freud and dozens from Jung - all addressed to Spielrein.

These letters help to shed more light on the growing estrangement over the years between Jung and Freud, as well as Spielrein's influence on Jung's development as a theoretician. But Jung, in turn, influenced the development of her theories as well. And while this exchange of ideas between the two was going on, Freud was urging Jung to become the leader in the growth of the International Psychoanalytic Association. Because of the availability of all of the letters from Freud and Jung, this book, more so than the other two, quoted most extensively from those letters.

The most comprehensive and well written of the three books is John Kerr's 1994 book "A Most Dangerous Method: The Story of Jung, Freud and Sabina Spielrein." This book is also noteworthy for placing the relationship between Spielrein, Freud and Jung in a cultural and historical context. Spielrein and Jung met in the early years of the 20th century and their friendship continued for more than 25 years. On the other hand, the friendship between Jung and Freud burned brightly after their initial meeting in 1907, but the intellectual flames had died just as quickly, so that by 1913 that they no longer talked to each other - even if they were both at the same conference. But, as John Kerr states, those six years of their friendship decisively altered the course of twentieth century thought.

Thus, Kerr's book is about more than the relationship between three people. Rather, it presents a candid portrait of the complicated history of the psychoanalytic movement. Kerr suggests that this history involved the thinking and writings of Spielrein, although he considers her role in the history of psychoanalysis was not only ignored but also deliberately obscured. As a result, the author says that his book is not a "pretty story." Nor is it a love story. Instead, it is - in his words - a dismaying ghost story. In this ghost story the ghost is no being; it is a theory - psychoanalytic theory - which devours everyone in the story.

Besides being a kind of ghost story, it is also about intrigue and secrets. Jung used dreams and secrets from Spielrein's treatment to enhance his theory. Although he admitted to Freud he had a relationship with Spielrein, he never was really open or honest about how intimate he had been with Spielrein . Nor did Jung ever share his concern about Freud's own relationship with another woman. Both Spielrein and Jung talked to Freud about each other - although the discussions were cloaked in analytic case material and symbolism. Ultimately, despite her great affection for Jung, she would go back to Russia, get married, and have two children with her husband, although it was clear to both Jung and Freud that she would have preferred to have a son with Jung.

She lived the last several years of her life in her Russian home town, Rostov-on-Don. But when the Nazis came through this small town in 1941, Spielrein and her two daughters, along with

the other Jews in the city, were rounded up and herded into a synagogue where they were shot.

But she left between an impressive legacy, although it remains much more obscure than the legacies of Freud and Jung. Her psychoanalytic contributions, which were presented in more than 30 published papers and numerous lectures, Spielrein worked out her theory of sex and survival. In her thinking, which drew on psychology, genetics, evolution, literature and philosophy, Sabina Spielrein described how organisms surrender their identity in order to create the next generation. While to her the reproductive drive is important, she initially saw it as involving destruction before transformation is possible.

Before she began to argue the significance of her theories about sex, death and survival of the species, she wrote her doctoral dissertation on schizophrenia and psychoanalysis. She had the distinction of being the first person to utilize a psychoanalytic approach in a doctoral dissertation. By 1911, she was writing and publishing influential papers concerning schizophrenia, language and psychoanalysis.

Although neither Freud nor Jung were in complete agreement with her theories, both acknowledged that she was making a valuable contribution to psychoanalytic theory. As Launer points out, Spielrein's most important theory went beyond Freud's concerns about what happens in childhood and it surpassed Jung's interest in how human beings collectively fashion the images and myths that govern their behavior. Spielrein basically posed this question: What underlies the theories of both Jung and Freud? Her answer was that we should look to biology to make sense of their theories. In effect, she was trying to fulfill Darwin's dream - a psychology based on evolution. Biological and psychological processes, she said, have an evolutionary purpose. That purpose is reproduction. Ultimately, she went further in her theorizing about the broader underpinnings of the unconscious mind than any other psychoanalyst. She argued that there is only one purpose of all drives, which is to preserve the human race. All behavior, she would contend, is driven by the reproductive instinct. Although she and Freud were similar in suggesting that sex drives everything. But - and here she differed from Freud - sex in Spielrein's theory was not for pleasure; it was for reproduction.

From a modern perspective, Spielrein may have been quite wrong in thinking that survival and reproduction are opposed to each other. And it no longer makes sense to say that the reproductive drive contains a wish to destroy oneself. Nonetheless, at the time she was writing, she was proposing ideas that were well ahead of their time. She was responsible for a number of innovative ideas.

For instance, in 1912, Spielrein was the first psychoanalyst to write a paper about childhood fantasies. In the 1920s, she worked with Jean Piaget, and she was years - maybe even decades - ahead of Piaget, Melanie Klein and Anna Freud when it came to interviewing and playing with children. She was probably the first person to develop play therapy with children and was undoubtedly among the first to combine psychoanalysis and therapy with children.

She was at the forefront of the study of children and disorders of childhood. And she combined modern scholarship with observational science to contribute to the development of language in children. She was the first person to connect a theory of language development with psychoanalytic theory.

While developing her ideas and theories, she knew and worked with the greatest psychologists of the 20th century. Among which were not only Jung and Freud, but also Piaget, Luria and Vygotsky - which is how Jane ran across Spielrein's name in her research as an educator.

References

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Kerr, J. (1994). *A most dangerous method The story of Jung, Freud and Sabina Spielrein*. New York: Vintage Books.

Launer, J. (2014). *Sex vs. survival: The life and ideas of Sabina Spielrein*. New York: Overlook Duckworth.

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

Why You're Wrong about What You Think

Steven J. Cersenie, Ph.D.

Book Review: *Factfulness. Ten Reasons We're Wrong About the World - and Why Things are Better Than You Think*. (2018). Hans Rosling, Ola Rosling, & Anna Rosling Ronnhund. New York: Flatiron Books.

Misconceptions are Us

Has the percentage of the world that lives in extreme poverty almost doubled, been cut in half, or stayed the same over the past 20 years?

When I wake up at 4:00 a.m., which I do frequently, I am sure the answer is more than doubled.

But I'm wrong. The correct answer is the percentage of the world that lives in extreme poverty has been **cut in half** over the past 20 years. Who knew?

Hans Rosling, M.D (before his recent death last year) and his co-authors, his son Ola Rosling, and his daughter-in-law Anna Rosling Ronnlund, knew this fact about extreme poverty and more, and have written the book, *Factfulness: Ten Reasons We're Wrong About the World --- and Why Things Are Better Than You Think* to tell us what more they know.

Bill Gates, who you may have heard of, described *Factfulness* as, "One of the most important books I've ever read - an indispensable guide to thinking clearly about the world."

Hans Rosling is a Swedish medical doctor, statistician, and public health expert who shared the writing of this brilliant book that kicks a deep crack in our pessimism about world progress.

Now if you think Dr. Rosling is some rigid, Pollyanna-minded researcher with a broken sense of humor, think again. Since he was a child, Dr. Rosling always wanted to swallow a sword:

Sword swallowing has always shown that the seemingly impossible can be possible, and inspired humans to think beyond the obvious. Occasionally, I demonstrate this ancient Indian art at the end of one of my lectures on global development. I step up onto a table and rip off my professional checked shirt to reveal a black vest top decorated with a gold sequined lightning bolt. I call for complete silence, and to the swirling beat of a snare drum I slowly slide the army bayonet down my throat. I stretch out my arms. The audience goes wild.

Meshuggeneh?* Yes. Memorable? Yes.

No one has to convince me the world is a circus. Having the privilege of doing psychological therapy for more than 40 years has persuaded me the world is mysterious, frightening, wonderful, tragic, and funny --- just like the circus.

And the world is full of surprises. Test yourself on the following 11 questions from the beginning of Dr. Rosling's book:

In all low-income countries across the world today, how many girls finish primary school

- a. 20 percent
- b. 40 percent
- c. 60 percent

Where does the majority of the world population live?

- a. Low-income countries
- b. Middle-income countries
- c. High-income countries

What is the life expectancy of the world today?

- a. 50 years
- b. 60 years
- c. 70 years

There are two billion children in the world today, age 0 to 15 years old. How many children will there be in the year 2100, according to the United Nations?

- a. 4 billion
- b. 3 billion
- c. 2 billion

The United Nations predicts that by 2100 the world population will have increased by another 4 billion. What is the main reason?

- a. There will be more children (age below 15)
- b. There will be more adults (age 15 to 74)
- c. There will be more very old people (age 75 and older)

How did the number of deaths per year from natural disaster's change over the last hundred years?

- a. More than doubled
- b. Remained about the same
- c. Decreased to less than half

How many of the world's 1-year-old children today have been vaccinated against some disease?

- a. 20 percent
- b. 50 percent
- c. 80 percent

Worldwide, 30-year-old men have spent 10 years in school on average. How many years have women of the same age spent in school?

- a. 9 years
- b. 6 years
- c. 3 years

In 1996, tigers, giant pandas, and black rhinos were all listed as endangered. How many of these three species are more critically endangered today?

- a. Two of them
- b. One of them
- c. None of them

How many people in the world have some access to electricity?

- a. 20 percent
- b. 50 percent
- c. 80 percent

Global climate change experts believe that, over the next 100 years, the average temperature will...

- a. Get warmer
- b. Remain the same
- c. Get colder

If you did poorly on this test, you are in good company. Whether you are a Democrat, a Republican, a Progressive, a Libertarian, or a Socialist, no particular group outshines the other; but each group points to the ignorance of the other perspectives.

After he presents these questions, Dr. Rosling and his co-authors devote ten chapters to the reasons we're wrong about the world and what to do about our chronic misconceptions:

1. The Gap Instinct
2. The Negativity Instinct
3. The Straight Line Instinct.

4. The Fear Instinct.
5. The Size Instinct
6. The Generalization Instinct
7. The Destiny Instinct
8. The Single Perspective Instinctive.
9. The Blame Instinct
10. The Urgency Instinct

After reading this magnificent book, I still wake up at 4:00 a.m. and think the world is going down the drain, drenched in hatred, conflict and chaos. So I keep this book on my nightstand next to a flashlight, ready to read, to STOP and replace my meshuggeneh fantasies and pessimistic opinions with optimistic facts.

*Meshuggeneh: Yiddish for crazy, insane, ridiculous. For example: "He must be meshuggeneh to wear that get up to a funeral."

The correct answers to test questions: 1: c; 2: b; 3: c; 4: c; 5: b; 6: c; 7: c; 8: a; 9: c; 10: c; 11: a.

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

MICHIGAN PSYCHOLOGICAL ASSOCIATION FOUNDATION MPAF 2019 AWARDS

**The Michigan Psychological Association Foundation is accepting
nominations for the following awards:**

DISSERTATION GRANT

The MPA Foundation (MPAF) will be making at least one grant up to \$1000 to support dissertation research in any area of diversity and multicultural psychology. The student's dissertation proposal must have been approved by his/her committee before applying for the grant; the student must be a Student Affiliate of the Michigan Psychological Association (MPA) or may apply for Student Affiliate at the time of the Dissertation Grant application; and the proposal must be sponsored by a member of MPA.

For more information and an application package contact President, Dr. Debra Smith at dls40@aol.com. Due January 30, 2019.

BETH CLARK SERVICE AWARD

The Beth Clark Service Award is given to an MPA member who has demonstrated volunteerism, initiative, perseverance, integrity, selflessness and good will in the service of MPA or other worthy causes related to the mission of MPA. A psychologist eligible for the Beth Clark Service Award must reside in Michigan, be a member in good standing of the Michigan Psychological Association, be nominated by a member in good standing of MPA, and be considered by his or her peers as a person exhibiting the qualities outlined in the criteria. Nominations are accepted with a supporting statement of 250-500 words identifying the basis for the nomination and specifying how the candidate meets the criteria for the award.

Please submit nominations or seek more information by email to Dr. Debra Smith, MPAF President at dls40@aol.com. Due February 28, 2019.

DISTINGUISHED PSYCHOLOGIST AWARD

The Distinguished Psychologist Award honors a psychologist who has made outstanding contributions over a number of years to psychology in Michigan. Such contributions may be academic, applied, or otherwise reflect the qualities of dedication, competence, high ethical standards, and advocacy for the field of psychology. A psychologist eligible for the Distinguished Psychologist Award must reside in Michigan, be a member of good standing in MPA, be nominated by a member in good standing in MPA, be considered by his/her peers as having made outstanding contributions to psychology in Michigan. Outstanding contribution may include distinct and

extraordinary accomplishments with recognizable impacts providing advance in enabling, understanding, or communicating key psychological issues during the past five-year period. For more information or to submit a nomination contact Dr. Debra Smith, MPAF President at dls40@aol.com. Due February 28, 2019.

MPA Ethics Seminar: A 2019 Highlight

Chris Sterling, Psy.D. Program Chair

On February 8, 2019, The Trust with featured speaker Amanda D. Zelechowski, Ph.D., will be presenting an ethics seminar for MPA members at Schoolcraft College in Livonia.

This is good news, according to the Program Committee Chair Chris Sterling, Psy.D., as it will not only help MPA members meet their ethics requirement for licensing, but also they can take advantage of an additional discount on The Trust malpractice insurance.

Amanda D. Zelechowski, Ph.D., is both a licensed clinical and forensic psychologist and an attorney. She received her B.A. from the University of Notre Dame, her M.S. and Ph.D. from Drexel University, and her J.D. from Villanova University School of Law. She completed a postdoctoral fellowship at The Trauma Center at Justice Resource Institute (Brookline, MA) and is board certified in Clinical Child and Adolescent Psychology. She has worked clinically with adults, children, and families in inpatient, outpatient, and forensic settings.

In addition, Dr. Zelechowski is currently an Associate Professor of Psychology at Valparaiso University, where she also serves as coordinator of the Dual Degree Graduate Programs in Law and Psychology. She teaches a wide variety of courses, including ethics and professional development in psychology, and provides clinical supervision to graduate students. Her primary research interests include forensic and mental health assessment, at-risk, delinquent, and traumatized youth, child custody and child welfare, and the intersection of psychology, law, and public policy. She also conducts research related to best practices in teaching and training in the areas of psychology, law, and trauma. In addition to her teaching and research interests, Dr. Zelechowski conducts forensic and psychological evaluations and has provided training and consultation to numerous mental health, law enforcement, and correctional agencies.

Dr. Sterling points out that if psychologists have insurance from the American Professional Agency, they will receive a 5% discount on any 6 CEs credits within the year and another 5% if there are 3 CEs in Risk Management. The Trust, on the other hand, has indicated that insured participants will receive a 15% discount on their premiums for participation in CEU programs.

Also of note for 2019 is the Annual MPA Spring Convention on April 26 at The Henry Center in East Lansing. and will have a seminar on Motivational Interviewing by Dr. Sylvie Naar-King. This important topic will be of interest to all clinicians.

Dr. Sylvie Naar is a Professor and Director of the Division of Behavioral Sciences in the Department of Family Medicine and Public Health Sciences at Wayne State University. Dr. Naar has had several federally funded projects developing, testing and implementing behavioral interventions to reduce health disparities in children, adolescents and young adults, including two center grants from the National Institutes of Health. She is a member of the Motivational Interviewing Network of Trainers, and has provided trainings locally, nationally, and internationally for over 15 years for many types of providers including medical providers, mental health providers, and community health workers. Dr. Naar has worked closely with the developers of Motivational Interviewing (MI) to author the first textbook on the use of MI with adolescents and young adults and a second text book on the integration of MI and other behavioral interventions. She has authored over 100 publications in peer-reviewed journals.

Dr. Sterling indicates that the Beacon360, a way for MPA members to access conferences they were unable to attend, is now up and running. And he adds that "Programming for MPA members continues to be dynamic with evolving methods to help professionals learn."

The Program Committee is chaired by Chris Sterling and committee members include Drs.

(To comment on this article, contact Christopher Sterling, Psy.D. at miles702@mac.com)

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Our coverage is designed by psychologists and insurance experts with a focus on psychology.
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We offer the convenience of securing all of your financial protection needs in one location. Our programs cover your entire life - not just your career.
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The 2018 holiday issue of The Great Courses arrived in my mail yesterday. Because I haven't ordered a Great Course in a while, the words WE WANT YOU BACK! were splashed across the cover in red.

The fact that somebody wanted me was just one of the reasons I immediately looked inside the catalog.

Here is a selected list of the fabulous courses offered at reduced prices I found:

- **The Lure of Conspiracy Theories.** After taking a brief personality questionnaire, you are provided with the conspiracy theory that best fits your personality.
- **Cell phones and Religions.** After downloading material based on your religious beliefs on Divine Justice, Religious Rituals, Spiritual Compasses, and Religious Heroes, your phone is equipped with a view of your religious beliefs as a system of communication. Music is included.
- **Advice on Facebook for Dummies.** If you're confused about using Facebook, this course offers advice and tips for becoming proficient in using Facebook. No longer will the person who listens to all 140 hours of this course have to wonder how to get new friends, how to unfriend those Facebook friends who constantly post their radical political views, and what not to post so you don't have the FBI show up at your door.
- **Uncovering the Carpeting in Your Living Room.** If you haven't seen the carpet in your living room for several years, this series of DVD lectures gives you step-by-step advice on how to find the carpet, what to remove from your living room, and how to deal with the shocking emotions you may experience if you discover you absolutely hate your carpet.
- **How to Tell if a Half Truth is a Whole Lie .** In these days of fake politicians and fake news, these empirical, evidenced-based, and intuitive methods helps you determine what is the truth and distinguish the truth from lies. In this audio series you will learn that we depend on half truths to offer stimulation in our humdrum lives and you will be taught the ten reasons why our lives have less meaning than we think; especially when we are able to determine what is a lie.
- **The Idiot and the Ecstasy.** Understand the most important episodes in these classic works and examine the limits of our freedom, the forces that shape our actions, the fine line between justice and revenge, the paradox of desires, and what hotels offer the most luxury at the best prices.
- **The Meaning of Wife.** We are living through revolutionary times where words, concepts, and relationships are being redefined. Learn why you should never sing the tune "Baby, It's Cold Outside" to your wife or partner.
- **Time Travel.** This course teaches you the secrets of how to prepare for time travel. Taught by the amazing instructor and great grandson of H. G. Wells, you will learn all of the great places and times in history you must visit, what to wear if you travel to Spain during the Inquisition, what to pack if you are going back to the Russian Revolution, how to exercise cautiously, and people you should not meet in a dark alley - such as Jack the Ripper or Jeffrey Dahmer.
- **Discover Why the Dark Ages Weren't So Dark.** This course reveals everything you always wanted to know about the Dark Ages. It describes in fascinating detail the pleasures of contracting a deadly plague and the surprisingly sophisticated way they dealt with mental illness. Flashlights not included.
- **A Framework for Smarter Health Management.** An scientifically informed discussion of nutrition, exercise, mindfulness, meditation, holistic and paternalistic medicine, placebos and more. This lecture series is based on fads, misinformation, the ads of pharmaceutical companies, and old wives tales.

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



When a psychologist serves as a witness in a legal case, a threshold issue is how to communicate effectively in a context that is quite different from a clinical relationship. That is, writing a report about a service user's psychological characteristics is, in many ways, unlike responding in testimony that addresses matters (e.g., questions) posed by a legal source.

In Michigan, the authority for a witness providing potentially admissible evidence through testimony is codified by the *Michigan Rules of Evidence*, which states (updated 1/2/2018):

Rule 401 Definition of "Relevant Evidence"

"Relevant evidence" means evidence having any tendency to make the existence of any fact that is of consequence to the determination of the action more probable or less probable than it would be without the evidence.

Rule 402 Relevant Evidence Generally Admissible; Irrelevant Evidence Inadmissible

All relevant evidence is admissible, except as otherwise provided by the Constitution of the United States, the Constitution of the State of Michigan, these rules, or other rules adopted by the Supreme Court. Evidence which is not relevant is not admissible.

The Michigan Rules of Evidence also indicate that:

Rule 701 Opinion Testimony by Lay Witnesses

If the witness is not testifying as an expert, the witness' testimony in the form of opinions or inferences is limited to those opinions or inferences which are (a) rationally based on the perception of the witness and (b) helpful to a clear understanding of the witness' testimony or the determination of a fact in issue.

Rule 702 Testimony by Experts

If the court determines that scientific, technical, or other specialized knowledge will assist the trier of fact to understand the evidence or to determine a fact in issue, a witness qualified as an expert by knowledge, skill, experience, training, or education may testify thereto in the form of an opinion or otherwise if (1) the testimony is based on sufficient facts or data, (2) the testimony is the product of reliable principles and methods, and (3) the witness has applied the principles and methods reliably to the facts of the case.

Rule 703 Bases of Opinion Testimony by Experts

The facts or data in the particular case upon which an expert bases an opinion or inference shall be in evidence. This rule does not restrict the discretion of the court to receive expert opinion testimony subject to the condition that the factual bases of the opinion be admitted in evidence hereafter.

To assure the scholarly status via the opposing counsel's impeachment of testimony by an expert, there may be reliance on a learned treatise:

Rule 707 Use of Learned Treatises for Impeachment

To the extent called to the attention of an expert witness upon cross-examination, statements contained in published treatises, periodicals, or pamphlets on a subject of history, medicine, or other science or art, established as a reliable authority by the testimony or admission of the witness or by other expert testimony or by judicial notice, are admissible for impeachment purposes only. If admitted, the statements may be read into evidence but may not be received as exhibits.

The psychologist may be expected to provide factual testimony (e.g., discuss the results of psychological testing or describe what occurred in a treatment milieu). The psychologist may also, within limits, give an opinion that purports to be based on a reasonable degree of psychological or clinical certainty. With either thrust (i.e., factual versus opinion testimony), the psychologist may, by discovery tactic (e.g., subpoena, interrogatory or voluntary agreement) be expected to prepare and submit a written summary or report that is relevant and material to oral testimony.

When the psychologist prepares a written report, a challenge is to blend psychology and law. A unique writing style may be necessary. Fundamentally, this would involve use of some legal

terminology and adopting a style (e.g., for referencing) that is compatible with both law and psychology. However, the psychologist would be unwise to attempt to emulate what and how an attorney would write. The *APA Publication Manual* (2010) provides guidance on dealing with published legal sources.

If the psychologist intends to rely on a scholarly or learned treatise pertaining to psychology (e.g., a book or article), the psychologist, just like each attorney, should commonly first "skim read" (i.e., peruse) the scholarly or authoritative source (e.g., a published legal case) to see if there are any unfamiliar terms or principles. If there is some unusual word or phrase, it should be looked up in a law dictionary or on the web to be sure of the understanding. In a legal context, a general dictionary may be inadequate for authoritative guidance.

The psychologist can benefit from understanding a legally oriented writing style. A good source is "*Writing like a lawyer*" by John D. Feerick (just type the title and author into Google and the article from the *Fordham Urban Law Journal* cite will appear). Also, type in "thinking and writing like a lawyer" and other relevant citations and sources will be shown.

For now, there are four guidelines for preparing written information for use by the psychologist; the psychologist should: (1) write with confidence; even if some sort of opinion is appropriate, it should be undergirded by legal/academic citations that document the scholarship of the facts, interpretations of legal principles, and views or opinions; (2) follow the referencing style(s) for psychologists (attorneys and judges do not expect a non-attorney to write in a legal style or "play lawyer"), although the psychologist should be oriented to the legal style; (3) edit carefully for structure (e.g., for a legal matter, commonly the sequence, with possible exceptions, should state clearly the legal question or issue, present Federal matters and then work down the jurisdictional chain; and (4) provide a relevant professional or expert conclusion (e.g., the significance of the case, principle, etc., to the matters that will be addressed in the oral testimony).

Robert Henley Woody is a Professor of Psychology at the University of Nebraska Omaha, teaching law-related courses. He is a Michigan Licensed Psychologist and a Member of the Michigan, Florida, and Nebraska Bars. 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.

(To comment on this column or to contact Robert Woody, Ph.D., J.D., email him at psychlegal@aol.com)

Also for Psychologists

Psychologically Complex Book is a Gem

Jack P. Haynes, Ph.D.

Book Review: *A Month in the Country* by J. L. Carr; first published in 1980, reissued in the Penguin Decades series.

J. L. Carr's slim gem of a novel, partly autobiographical, is set in a small Yorkshire village named Oxgodby following World War One in 1920. The narrator, Tom Birkin, reflects upon a summer spent there more than 50 years prior when he was hired to restore a medieval mural hidden behind whitewash in a village church. I selected it after having read an excerpt of this elegant and spare book.

The book also interested me, an Anglophile, for three reasons: Its setting in a small English village; the subject of discovering and renewing a medieval mural; and the aspect of the narrator dealing with war-based PTSD - then referred to as shell shock or war neurosis. The term shell shock originated in 1915 during World War One, and described constant memory intrusions, tearfulness, and related symptoms experienced by some combatants as a result of combat. The concepts of shell shock and PTSD are similar, the latter being somewhat broader.

I discerned several themes in the book, including restoration, hope, and attachment, on several subtle levels. The book presents a sense of things lost to time. I found several interesting aspects to the structure of the story, including Tom living in the bell-chamber, without money to stay elsewhere. The bell-chamber and the scaffolding where he spends days and nights are the setting

for some of the important dialogue that takes place in the book. The relationships with the townspeople as well as the pastor and the pastor's wife are cautious, but progress.

The ability to observe is valued, and some of the descriptions in the book are fascinating and tied to the observer. For example, Birkin describes the vicarage living room as: "Three of the walls were bare but the fourth had a single immense piece of furniture like an internal buttress. In any ordinary room it would have been grotesque but here, it fell into perfect scale. I've no idea what it was. It could have been a Baroque altar-piece, an oriental throne, a gigantic examination exercise performed by a cabinet-maker's apprentice. Perhaps it was none of these things. Perhaps it was only a folly."

Birkin feels he comes to know the anonymous medieval artist whose beard hairs he finds in the painting. The removal of layers of dirt and candle smoke residue is described. Also involved is the warmth and beauty of the English countryside which this reader felt.

A parallel issue is the residence in a tent on the church grounds of Charles Moon, another war survivor. Moon feels most comfortable camping in a tent over a pit since he feels safest underground, perhaps an echo of Moon having lived in trenches during the war.

The book is nostalgic in structure, but is not sentimental. There is a sense of the importance of the passage of time and a sense of consolation for what was lost during the Great War. The book was enjoyable, straightforward in plot but psychologically complex, a bit mysterious, worthy of rereading.

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

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Contact State: MI

Contact Zip: 49546

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