

GSAPP Alumni Newsletter

The GSAPP Alumni Organization—Rutgers University

Autumn 2006—Volume VII—No. 2

GSAPP Alumnus Hears a Sacred Voice

By John Neafsey, Clinical '92



Editor's Note: John Neafsey, Clinical 1992, is in private practice in Chicago and teaches interdisciplinary courses in the Theology Department at Loyola University Chicago. His new book, "A Sacred Voice is Calling: Personal Vocation and Social Conscience" was published by Orbis Books in May.

As a person who works both as a practicing clinical psychologist and as a university theology

teacher, I have an interdisciplinary interest in the psychology and spirituality of vocation, especially in the ways these come together in the affective, or heart dimension, of our human experience. This interest has culminated recently in the publication of my new book, *A Sacred Voice is Calling: Personal Vocation and Social Conscience*.

The original Latin roots of the word *vocation* (*vox*, voice, and *vocare*, to call) have to do with hearing and following a call or voice. People often associate vocation with the special spiritual callings of certain heroic persons (e.g., the famous call narratives of Moses, Jesus, or Muhammad). A more common secular view of vocation is that it is synonymous with our job or occupation or career. These are valid understandings of vocation, but they are not the whole story: vocation is much bigger than our work or career. We can experience a sense of vocation in relation to every level or dimension of our lives—our professional and our personal life, our family life, our love life, our creative pursuits, our politics, etc. We can also experience a sense of calling in relation to any or all of the multiple roles we find ourselves in at any given time (e.g., friend, parent, son or daughter, spouse, partner, citizen, etc.). Vocation is not just about what we do but about *who we are*—the quality of our personhood, the integrity and authenticity of our lives, the kind of person we are meant to become.

The basic idea that I propose in the book is that vocation is not just about "me" and my personal fulfillment, but about "us" and the common good. We discern our callings not only through listening inwardly to our hearts for what would make us happy, but through socially-engaged listening to the ways that the needs and sufferings of our world are calling out for intelligent, compassionate attention. In the words of Frederick Buechner, our callings are found in the places where our "deep gladness" and the "world's deep hunger" meet, on the holy ground where our

heart's desire comes together with what the world most needs from us.

Vocation is very much a matter of the heart. In both my teaching and my clinical work, I am often in the privileged position of helping people learn to listen to their hearts for clues to life directions that hold the promise of greater emotional and spiritual health. Calls come to us, first of all, by way of the heart, and careful attention to the movements and inclinations of our hearts is one of the primary tools we have for hearing the "inner voice" that calls us to our destiny—to do what we are meant to do, or to be the kind of person we are meant to be.

The book reflects my strong interest in social justice. This goes back a long time, but I suppose in recent years has been profoundly amplified by my wife and I going through the process of international adoption of two wonderful children from Guatemala—an experience which itself has been a kind of calling. As we have come to know and love our little son and daughter, we have also come to know and love their homeland in ways we never could have imagined. The heart

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From the Alumni Organization President's Message

Dear Fellow Alumni:

This past May, the ranks of GSAPP graduates swelled to over 800. GSAPP is now in its fourth decade, the Psychological Clinic is in its eighth decade, and our Alumni Organization is soon to be 15 years old! With all that history behind us, the evidence of "realizing the vision" has been huge. Much of that history will be recorded in a beautiful commemorative booklet which is being created by an alumni task force with the assistance of so many others. Current members of the task force are: Dianne Clarke-Kudless, Thor Mann, Bonnie Markham, Caroline Mossip, and Martha Temple. We would also like to acknowledge the invaluable assistance and support of Dean Stanley Messer, Acting Dean Sandra Harris, and former Associate Dean Ruth Schulman, among others, as this important project evolves.

Knowledge of history illuminates the present and lays the groundwork for the future. Participating on the Commemorative Booklet Task Force has made me keenly aware of the amazing vision of GSAPP's founders and those who have been involved with its realization. All of us have played a part and all of us have been beneficiaries. The Alumni Organization hopes that you will find the Commemorative Booklet reflective of the energy of GSAPP and will find your own energy in it. We also hope that creating this volume will encourage GSAPP and the Alumni Organization to establish a formal and organized archive going forward.

It is not too late to be part of the recorded history of GSAPP. We are still accepting congratulatory items, business card ads, and contributions that will be noted in the booklet. Donations of any amount would be welcome. You may display your business card for \$50, sponsor a half page for \$75, a full page for \$100. A full silver page is \$300 and a full gold page is \$500. Please send your camera ready copy and payment (made out to the GSAPP Alumni Organization) to me at the address below.

Realizing the vision is possible because of the myriad ways everyone can contribute to GSAPP. Please accept my thanks on behalf of the GSAPP Alumni Organization for all you have done and all you continue to do.

Sincerely,
Bonnie

Bonnie Markham, PhD, PsyD
President, GSAPP Alumni Organization
52 Pearl Street
Metuchen NJ 08840

PS If you are not a dues paying member of the GSAPP Alumni Organization you can join right now by going to <http://www.alumni.rutgers.edu/join/member.shtml>

From GSAPP A Letter from the Acting Dean

As many of you know, I was privileged to be Dean of GSAPP for 9 years. It was a wonderful experience that gave me the opportunity to meet and enjoy many of the students who were at GSAPP during those years as well as to work closely with alumni in what was then a newly forming GSAPP Alumni Organization. What a delight it is to come back this fall and serve as Acting Dean for one semester while Stan Messer takes a much deserved leave. He will be back with you in January.

I call my short term appointment as acting dean "a delight" because it reaffirms for me how fine GSAPP is as an educational institution. We enjoy excellent faculty, both full time and part time, remarkable students, a devoted staff, and an ever growing group of alumni who consistently extend themselves to respond to the needs of the school. We are a first rate professional school of psychology embedded in a world class research university. That gives our students the blessings of small classes and lots of opportunities to know the faculty along with all of the high tech resources of a nationally and internationally recognized university. What a great combination!

You will be pleased, but not surprised to know that the entering class this fall upholds the GSAPP tradition with great GPAs, grades, etc. And at least as important as their good heads, they come with the kind of good hearts that make them want to serve other people whether in the schools, clinical settings or organizations. As most of you have discovered by now, one doesn't get rich financially in most areas of professional service. The riches flow to you in other domains. While you make a decent living you have the opportunity to touch the lives of many people and help them learn how to make things better than they were for themselves, their children or students, or their co-workers. It beats making widgets, even high tech widgets, by a long shot and makes sleeping at night much easier than it is for a lot of other folks!

So many of you have made the faculty and staff at GSAPP very proud of what you do. Your use of innovative methods to solve psy-

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GSAPP Alumni Organization Executive Board 2006

http://gsappweb.rutgers.edu/Alumni/Alumni_Home.htm

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Newsletter Editor

Jeffrey Axelbank ('92)

Newsletter Production

Martha Temple ('04)

Acting Dean's Letter

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chological problems and your expert application of interventions has made some of you highly visible in the profession and enabled essentially all of our alumni to be expert in their practice of psychology. The next time there is a call for applications for the Peterson Prize is announced I hope you will consider applying. With 800 alumni, the prize is quite competitive, but we always welcome hearing about new ideas and new achievements. So, nominate yourself or a classmate whom you esteem. At the very least Don Peterson, Stan Messer and I as past or present deans will have the pleasure of knowing what you are doing!!

I hope many of you will attend the Alumni and Student Career Continuum Conference on November 10, 2006. After an afternoon of stimulating discussion we will be presenting this year's Peterson Prize to Judy Glassgold. Judy will also be giving a talk to the GSAPP community this coming spring and alumni are always welcome to join us for that event. Judy makes us very proud of her fine achievements both for the profession as a whole and for her scholarly and clinical work with the gay, lesbian, bisexual and transgender population.

I also had the pleasure of attending an Alumni Organization Board meeting this month. It was chaired by Bonnie Markham who has put her very impressive organizational skills and energy into leading that group. There were a number of other outstanding alumni and two of our current students present. The quality of the discussion and the plans being generated were very important. The only down note in the whole process is the painfully small number of people who actually join the GSAPP Alumni Organization. It costs very little and allows you to communicate your pride of membership in that group and in the wider GSAPP community. Please don't toss that envelope when it comes. Write that small check and be part of something good. (*Editor's Note: See the back page for more information on how to join.*)

May your fall and early winter be filled with blessings of life.

Sandra L. Harris
Acting Dean of GSAPP

From the Alumni Organization Memo from the Editor

Jeffrey Axelbank, Psy.D., '92

This issue of the GSAPP Alumni Newsletter, my fourth as editor, represents another milestone in the development of this publication. Previous issues and articles have stimulated debate, resulting in a point / counterpoint exchange between Monica Indart, 1994, and Aiton Birnbaum, 1991, on cross-cultural issues in disaster response by Mental Health professionals (pages 6-7). My hope is that the newsletter will continue to spark debate and provide a forum for the interchange of ideas generated.

John Neafsey's thoughtful article (page 1) summarizing his book on vocation leads me to reflect on my calling to work on this newsletter. Indeed, editing the newsletter does give me "deep gladness," while it is (hopefully!!) satisfying the Alumni Organization's "deep hunger" for a means to keep alumni informed and connected in our far-flung community. The concept of a "calling" also fits with the Career Continuum event "Making a Good Living While Doing Good" (see information on the back page). Maybe attending this symposium will help you find your calling!!

As Martha Temple and I were putting this issue together, we were greeted with the wonderful news that GSAPP Graduate Judith Glassgold, 1989, was elected President-elect of the New Jersey Psychological Association. She demonstrates just what Dorothy Cantor advocates in her piece on professional activism (page 4). GSAPP alumni are perfectly suited to take up leadership roles in our profession, and we have a lot to offer. This, too, is an example of where the concept of a "calling" can be quite powerful. The profession is hungry for strong leaders, and we have what it takes!!

I'd like to add a personal note to Martha Temple's article inviting alumni to become GSAPP clinic supervisors, and to recruit others (page 4). I have been supervising GSAPP students for nearly ten years now, and it is often the highlight of my week. Maybe you can find your "calling" by becoming a GSAPP clinic supervisor.

One final note... please take the step of joining the alumni organization. Joining is easy, and inexpensive, and is a key factor in keeping the organization afloat. See the membership application insert, which lists current members. If your name is not listed, please take the time to join. ♦

Molly Stranahan, PsyD, is Winner Of Rutgers' Meritorious Service Award

On September 15, 2006, eight people were honored for their exemplary volunteer service to Rutgers, at the Meritorious Service Awards Dinner. One of those honored was our very own Molly Stranahan, PsyD. Shortly after graduating from GSAPP, Molly was appointed to the GSAPP Alumni Organization board, and served as President-Elect from 1997-1998. As President, she fostered the organization's growth, highlighted by GSAPP's 25th Anniversary Celebration in October 1999. She initiated GSAPP's annual alumni-student dinners and took an active role in the fund-

raising program. Molly was the first representative from GSAPP to serve on the Rutgers University Alumni Federation, where she served on the Hall of Distinguished Alumni Selection Committee. Molly currently lives in Morristown. She is the creator and presenter of a seminar entitled *The Path to Happiness*.

(Editor's Note: Congratulations to Molly!! She sets a fine example of how we can be active in helping Rutgers, and at the same time raise GSAPP's visibility in the University as a whole, which is a win/win situation for everyone!!)

Alumni Speakout On Being Involved in APA and State Psychological Associations

By Dorothy W. Cantor, '76

Editor's Note: Dorothy Cantor was APA President in 1996, the only Psy.D. ever to hold the office. She was President of NJPA in 1985.

When I reflect back on my days as a student in the first class at GSAPP 30 years ago, I look beyond the course content and practicum experiences that would leave an indelible image on my career.

Rather, I recall the strong messages we received, particularly from the adjunct faculty, about our responsibility as professional psychologists to give to the field, and lead it, by becoming involved in our state psychological association and APA. That first class learned the lesson well. Four of us became president of NJPA (Barry Helfmann, Jane Hochberg, Roz Dorlen and I). In addition, Barry Mitchell ('80) and David Panzer ('84) have followed us into the leadership of the profession. But there is no longer a concentration of GSAPP graduates leading NJPA, or APA.

What has changed? Originally, the adjunct faculty of GSAPP were people who had always been activists. They formed GSAPP, putting forward their money and their time, because they believed that New Jersey needed a professional school. They were the generation that instituted such revolutionary concepts as licensure for psychologists, and insurance reimbursement. And they made it clear to us, their students, that we should do as they had done.

There are myriad "real-world" issues that impact the way we practice psychology. The whole health care system is a factor in our work. Prescribing privileges could change the nature of what we do. The licensure of sub-doctoral practitioners impacts our careers. Maintaining strict ethics codes is vital to the public's perception of psychology as a profession. Some issues change and some are constant, but the need to be a vigilant participant in that "real world" doesn't change.

Who addresses the "real-world" issues on our behalf? Our state and national psychological associations. Of course we should join them, but rather than just benefiting from their work without helping to carry the costs, we have a duty to be the leaders involved in seeing that good ideas are moved forward and that bad ideas don't get in our way. Why us? Why GSAPP graduates? Frankly, from my experience as a supervisor over the years, I see our graduates as still the best and the brightest and the most qualified for leadership.

I can tell you also from first hand experience that it is also very rewarding to be a part of the process of advancing psychology. I have encountered wonderful psychologists from all over the country who broaden my life. And I have had the opportunity to see my ideas, which germinated from my early days at GSAPP, put into effect.

I am always available and happy to mentor psychologists

http://gsappweb.rutgers.edu/Alumni/Alumni_Home.htm

From the Alumni Organization Supervision: an Invitation to New York/New Jersey Alums

By Martha Temple, Psy.D., '04

GSAPP alumni are invited to become active in helping current students meet their supervision needs in each of our programs in a variety of ways. Currently, alums are active in offering small group or individual supervision, matched with students by geography and students' training needs. We would like to involve alums in some new ways:

- Screening non-GSAPPers, who have applied to supervise, by phone or over lunch to give Clinic Director Don Morgan a "read" on their suitability for our students. Don will supply a copy of the supervisor form that indicates what the psychologist's areas of expertise are, and a supervisor contract for their review.
- Current GSAPP supervisors scan their professional networks to identify and help recruit potential new supervisors.

We welcome Early Career Psychologists as supervisors. Because the GSAPP Clinic is an exempt setting, newly licensed psychologists can supervise. (A note on legal protections: of course therapist, supervisor, Clinic Director, GSAPP, and Rutgers are all legally responsible in any lawsuit. All supervisors should have their own malpractice insurance. Rutgers liability insurance covers all, in addition. The good news is that in the Clinic's entire history, no legal actions have ever occurred.)

To respond flexibly to the range of client, supervisor and student needs, the Clinic, faculty, alums and students are working together to expand and implement a variety of parallel options for supervision, such as the following:

- A "Treatment team" approach in which students and their supervisors are committed to serving specific populations or treatment approaches for Clinic clients during the year. Current models are our substance abuse intervention program (PACT) and the Tourette Syndrome program. In this model, a supervisor meets students in a small group either at the supervisor's office (students could benefit from the carpooling!) or at GSAPP.
- Individual supervision at the supervisor's office or at GSAPP
- Small group supervision at GSAPP or the supervisor's office
- Integrating an advanced student into an existing supervision group of professionals.

All Clinic supervisors are entitled to a steeply discounted (only \$30/year!) membership to the Werblin Recreation Center, and a free Rutgers email account which can be used from anywhere via broadband or dial-up connections. If you have some ideas of your own, or would like to interview prospective supervisors or become one yourself, contact Don Morgan at the Clinic. Call 732-445-6111 x 22 or send email to: dmorgan@rutgers.edu. ♦

who are interested in becoming more involved. I know that our state associations and APA welcome psychologists who want to be active. If you'd like to discuss ways that you can become more active, I can be reached at 908-232-1951 or at docdot@aol.com. ♦

From GSAPP The Value of Sport Psychology: An Interview with Dr. Charles Maher

By Andrew McCabe, Psy.D., '99

Editor's Note: This is the final installment of a three part series. The first parts appeared in the Fall 2005 and Spring 2006 issues.

Charlie, in our two previous articles we discussed the role of the sport psychologist in providing educational and psychological information to athletes and sport organizations to enhance performance. You also provided advice for aspiring sport psychologists that could lead to involvement with players and teams on a variety of levels from elementary school to professional.

In this last article of the series, I'd like to ask some questions to elicit your thoughts about how sport psychologists might make their greatest impact on professional and non-professional sports.

Q. How can sport psychologists assist students toward enhancing their academic, personal, interpersonal and sport success?

Properly trained, educated, and supervised sport psychologists can provide valuable services to student-athletes in many areas. First, sport psychologists can assist children and adolescents who play sports with learning what I refer to as "perspective"—how to balance their sport with other important and value referenced parts of their lives, including school and family. Second, sport psychologists can make sure that elementary and high school student-athletes are able to cope with the range of risks to which they are exposed in sport environments. These risks include unsavory people (e.g., kids who sell drugs), places (e.g., bars and clubs) and things (e.g., alcohol, drugs and performance enhancing substances). Third, sport psychologists can help student athletes commit to something larger than themselves and thus be a contributor to the team. Fourth, sport psychologists can help student-athletes learn to apply mental and emotional skills that are used in the sport setting, such as being focused on the athletic task at hand, to their life and its situations.

Q. How would you envision the role of a sport psychologist in working with elementary, high school or college students?

At the elementary level, the focus of the sport psychologist is best placed on consultation with youth coaches and parents especially in terms of their own mental and emotional development in their roles in sports. At the high school level, sport psychologists who are able to deal with student-athletes in a programmatic manner can team up with school psychologists and school counselors. At the college level, individual performance enhancement services and team development are appropriate focal points of sport psychologists.

Q. Sport psychology interventions for the professional athlete and team are becoming more commonplace. What does the im-

mediate future look like for sport psychologists working with professional teams?

The enhancement of the mental and emotional development of professional athletes and teams, and the development of sport organizations to support such ends, is a niche area of professional service. However, the sport psychologists who want to be credible in these areas must pay their dues and learn about psychology and sports in precise contexts, including participation in supervised learning experiences. Moreover, these professionals must become skilled at consultation, and program planning and evaluation, and a range of sport-specific matters including how the sport "plays out" at professional levels. Further, they need to spend considerable time on site, with teams, and be willing to be perceived and accepted as part of the team. Most basically, they must divest themselves of the personal attachments that undermine the real time work of many psychologists who seek to work in sport settings. Such undermining facts include academic pomposity, narrow views of sport and the world; wanting to pull athletes into office settings, and related personal posturing. I have come to these conclusions over a twenty year period of working in professional sport.

Thanks Charlie! Your knowledge, experience and advice have provided important insights for athletes, parents, coaches, future sport psychologists, schools and organizations. ♦

Sacred Voice

Continued from Page 1

connection to our children has opened us up to the heartbreak and desperation and traumatic history of their beautiful country, which has led to an ongoing process of discerning our social responsibilities as privileged North Americans in relation to our Latin American neighbors to the south. Among other things, this has prompted me to volunteer my services as a psychologist at a local program that serves survivors of torture from Central America and other areas of the world (the Marjorie Kovler Center for the Treatment of Survivors of Torture in Chicago).

Since the 9/11 tragedy, and especially since the onset of the Iraq War, I have also found myself increasingly preoccupied—both personally and professionally—with the moral, social, and political dimensions of vocation. I'm particularly interested in the role of social conscience in the lives of people who experience callings to compassionate service and responsible global citizenship. This includes those who engage in principled opposition or dissent or resistance against various forms of injustice and inhumanity in our world (e.g., Gandhi, Martin Luther King, Dorothy Day). I've been very troubled by our country's invasion and occupation of Iraq and all the bloody mayhem it has set in motion, and also by our country's conduct of the so-called "War on Terror." As a psychologist, I have been active in opposing the current APA policy which permits psychologists to "assist" or "consult" to interrogators at places like the U.S. military prison at Guantanamo Bay. In a world of expanding injustice and inequality, and in a country caught up in a war regarded as unwise and unjust by most of the world, it seems to me that an uneasy conscience is one of the best places to begin to listen for the "inner voice" that calls us to a better way. ♦

Response to Birnbaum On The Need For Caution in Cross-Cultural Disaster Relief

By Monica Indart, Psy.D. '94

This brief commentary is partly in response to recent “first person” accounts by clinicians providing disaster relief for the December 2004 Asian tsunami, and partly a reflection of my own experience. During March 2005, I provided three weeks of training and consultation to the Asia-Pacific office of the United Nations in Bangkok. In this capacity, I trained various UN and non-government organization (NGO) disaster relief staff members on psychosocial interventions related to crisis response, trauma, and grief. This work has caused me to doubt our endeavors in such large scale foreign disasters.

In the Fall 2005 issue of this newsletter, Aiton Birnbaum, an old colleague and friend for whom I have the utmost respect, wrote of his experiences in Thailand following the tsunami. A similar article appeared in the November/December 2005 issue of the *Psychotherapy Networker*. Aiton described the use of EMDR in his team’s approach, and the *Networker* article described the work of a team using Somatic Experiencing, a trauma treatment developed by Peter Levine. Outcome studies of these approaches to treating trauma in mainstream psychological practice in Western settings have been equivocal. In exported them to developing countries, their value becomes even more questionable, psychologically, socio-politically and ethically. Recent natural disasters such as the tsunami and the October 2005 earthquake in Pakistan have led to a burgeoning promotion of these techniques. Their wholesale exportation to countries where there is not only a complete lack of a mental health system, but a very limited public health system and strained resources is troubling.

Recognizing this problem, the World Health Organization (WHO) has issued strict guidelines for such efforts. The core of their criticism is that such approaches are irrelevant in developing countries with limited resources. Although human suffering is a universal phenomenon, the very notion of psychological trauma as defined in the West does not necessarily translate into a coherent framework within many Asian and African cultures. Thus, providing interventions to treat or prevent a “disorder” may be seen as irrelevant at best, and harmful at worst, in such a context. The fallacy of this approach is laid bare when one looks at countries where entire societies endure unspeakable conditions and events. WHO estimates that world-wide, PTSD accounts for only 10% of the psychological consequences related to traumatic events. WHO has stated that stand-alone, or “vertical,” trauma approaches, as they label them, are *contraindicated* in large scale disasters.

The emerging consensus in the field of humanitarian relief and disaster response is that a community or ecological approach that relies on psychosocial interventions (as opposed to mental health treatments) and is “horizontally” based (i.e., integrated into the existing public health system) is what is called

for. Highly individualized “trauma treatments” may have little value over the long haul to communities that have struggled for decades (and longer) with civil war, political oppression, limited infrastructure and inadequate health care. I witnessed a real life example of this “clash of cultures” regarding disaster relief while in Bangkok. The resentment against Western relief efforts became so pronounced that all such groups (except UNICEF) were asked to leave the region of Phuket in Thailand in March 2005 because of what was emerging as *increasing* distress in the community.

What I have learned is that short-term disaster response approaches may help us as mental health professionals to feel good because we truly believe we are doing good. But I question their value for people who live in very dangerous and complicated worlds, and who do not have access to resources and the socio-political power structure. ♦

Class Notes *by year of entrance*

Class notes blanked out for privacy in online version.

Response to Indart EMDR Helpful in Third World

By Aiton Birnbaum, Psy.D., '91

Monica Indart, a highly esteemed classmate and friend of mine, raises important issues regarding large-scale disaster relief efforts in general, but some of her points about EMDR and its humanitarian programs merit discussion. Cross-cultural disaster intervention is an extremely complicated undertaking. In fact I was part of a team that presented on some of the difficulties involved at the annual EMDR-Europe conference in Istanbul in June. As a graduate of the GSAPP systems track, I heartily concur on the value of community psychology approaches, especially in such situations. And it does behoove all clinicians to check into their motivations for choosing to dedicate their working lives to helping others. We need not expect our motives to be entirely free of narcissistic elements. When I shared my doubts on this very issue with colleagues before joining the team to Thailand, one of them (Joel Comet) said that there can be lots of reasons one would volunteer to help others, and the main thing is that good is being done. That, I think, is the main question that Monica raises so poignantly: Do such efforts actually help the target population, or do they only help us feel good about ourselves?

Of course there is no inherent contradiction between the two; clinicians and clients both benefit from feeling that they have done a good job and have made progress. This is what we felt in Thailand. First and foremost, therapists were empowered by learning a new and powerful tool to help people traumatized by the tsunami. As an unplanned bonus, we got to work directly with the affected population. People who were afraid to go out at night because of the ghosts of the missing were able to go out, complicated grief was somewhat relieved, word-of-mouth led a village headman to have an EMDR session, and then refer multiple family members for individual work, groups of kids were able to express and work through some of their emotions, and parents trusted us to take their kids back to the ocean for the first time, where they quickly overcame their fears of the water. We saw positive results, and as the Jewish tradition has it, anyone who saves even a single soul—it is as if they had saved the entire world.

On the issue of outcome research, though still widely considered a new and controversial approach, more research has been done on EMDR in just over a decade than on traditional therapeutic approaches in over a century. Though not all the research was done using trained EMDR clinicians applying the entire EMDR protocol, the results have been exciting enough to get tens of thousands of clinicians running to get trained in EMDR. Also, EMDR is officially and increasingly recognized as a leading form of treatment for trauma, along with CBT and exposure therapy (but EMDR is apparently faster and less painful).

Existing academic and professional interests will always have difficulty with revolutionary approaches. The WHO may be liable to reflect such guild and political issues, and while it raises significant points, we may respectfully decline it blind obedience. Even if PTSD causes "only" 10% of the suffering relating to disasters, that's still a lot of suffering. And if EMDR can help alleviate it, and EMDR clinicians are willing to volunteer and travel to disaster sites to train and supervise local mental health professionals in their communities and within their existing mental health systems—well, that's a good thing. It of course doesn't contradict any larger efforts to eradicate hunger, poverty, AIDS, terror and war, or any other source of ongoing suffering.

For U.S. and international organizations that currently designate EMDR as a treatment of choice for trauma, check the current practice or treatment guidelines of the DOD-Department of Veterans Affairs, the International Society for Traumatic Stress (2000), the American Psychiatric Association (2004), and the departments of health in countries like Israel, Ireland, and the UK. For more info and references on controlled studies of EMDR see www.emdr.com. Jane Lopacka, originally from the UK and currently working out of Cambodia, has continued the work begun just after the tsunami, allowing EMDR to provide an ongoing training and supervision presence in Thailand for hundreds of Thai clinicians working with clients in tsunami-affected areas and elsewhere. American and Israeli EMDR Humanitarian Assistance Program volunteers have also been active in post-tsunami Sri Lanka and other disaster sites. EMDR is not a narrow "vertical" technique but a broadband, multimodal approach that is easily integrated into existing clinical and psychosocial practice. ♦

Lisa Grinfeld receives Alumni Scholarship for 2006

Lisa Grinfeld graduated magna cum laude in 2001 from Yale University in Literature and Theater Studies, where she says she "read theory voraciously, including the structuralists, postmodernists, and more Freud than deemed healthy by the psychology department." After working in the book publishing industry, she returned to school at Columbia University to complete her psychology prerequisites and came "to learn that the counterpoint to 'theory' is empiricism and science."

Due to her variety of interests in the field of psychology, Lisa enters GSAPP ready to take advantage of all it has to offer. She writes that she is eager to participate in both "Dr. Sass's work on the intersection of psychology, philosophy, and the arts and Dr. Wilson's research on eating disorders." Ms. Grinfeld is very appreciative of the generosity of the GSAPP Alumni Organization for proving her with the annual scholarship for 2006.

Editor's Note: Joining the Alumni Organization and making contributions to it funds the Alumni Scholarship, thus making it possible for people like Lisa to attend GSAPP. We need people like this in our school, and in our field! Please be sure that you are a member by calling 888-999-1766. ♦

**GRADUATE SCHOOL OF APPLIED AND PROFESSIONAL
PSYCHOLOGY
ALUMNI ORGANIZATION
3rd CAREER CONTINUUM PROGRAM
MAKING A GOOD LIVING WHILE DOING GOOD**

**FRIDAY, NOVEMBER 10, 2006
2 PM – 5 PM
University Inn and Conference Center,
New Brunswick, NJ**



**Gala Cocktail Reception
5:15 PM – 6:30 PM
Awarding of Peterson Prize to Judith Glassgold, PsyD**

Events jointly sponsored by the Office of the Dean and the GSAPP Alumni Organization



Our speakers include:

Ken Heckart, PsyD (Clinical Program). Executive Vice President, Institute For Community Living, NYC.

Thor Mann, PsyD, (Organizational Program). Consultant with RHR International Company.

Gerard Machado, PsyD, (Clinical Program). Advanced Practice Registered Nurse, Board Certified (APRN BC).

Lew Gantwerk, PsyD, (GSAPP School Program). Executive Director of the Center for Applied Psychology (CAP), at Rutgers.



2006 Peterson Prize Winner

Judith Glassgold, PsyD (Clinical 1989). - recognized for her outstanding service to the profession through her work with NJPA including her role as chairperson of the ethics committee and for her scholarly and clinical work with Lesbian, Gay, Bisexual and Transsexual clients. This Fall she was elected President-elect of the New Jersey Psychological Association.



COST OF PROGRAM AND GALA RECEPTION

- * Current GSAPP students \$5
- * 2006 GSAPP graduates \$15
- * GSAPP Alumni Organization paid-up members \$20
- * All others \$40

Checks to be made payable to GSAPP, and sent to Johanna Rosa, GSAPP, 152 Frelinghuysen Road, Piscataway, NJ 08854 by November 1, 2006. **On-site registration, add an additional \$10 to each of the above amounts.**



**RUTGERS UNIVERSITY
GSAPP ALUMNI ORGANIZATION
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Piscataway, NJ 08854**