

the Behavior Therapist

SPECIAL
ISSUE

40 Years
of ABCT

GUEST EDITOR: Anne Marie Albano

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From the President

Who We Are and Where We Are Going at 40

Michael W. Otto, *Boston University*



The good news is that, according to a recent national survey of psychotherapy training, based on a probability sample of all accredited psychology, psychiatry, and MSW programs in the United States (Weissman et al., 2006), 100% of the Ph.D. and Psy.D. programs in clinical psychology offer didactic training in CBT. Similarly high rates of CBT didactics were reported by psychiatric residency and MSW programs (99% and 93%, respectively). Rates of clinical supervision in CBT were only slightly less positive with 97% of Ph.D. programs and 94% of psychiatric residency programs. However, this number dropped to 76% for Psy.D. programs, and only 66% for MSW programs. Also of concern is the fact that whereas 93% of psychiatric residency programs required CBT supervision,¹ only 53% of Ph.D. programs had established a similar requirement. Given a “glass half full” perspective, this is good news for patients; more providers in the future should have at least basic knowledge and rudimentary skills in CBT, albeit at a level of training far from ideal.

Also with pleasure, I can report that our membership is growing; currently we are at an all-time high of 4,773 members. Of full members providing degree information, just over 81% are Ph.D.s, followed by 6% for Psy.D.s, 3% for M.D.s, and 2.5% for MSWs.

Our growth is, in part, due to a swelling in the ranks of student members. Over the last 3 years, the ratio of full members to student members was 1.6 to 1. This compares to 2.6 to 1 for a similar period a decade ago. This high representation of students in training bodes well for the future; ABCT will do its part in providing access to a community of empirically minded clinicians, a wealth of training opportunities in CBT, and a mindset toward advancing the field through empirical research. Nonetheless, one central task for ABCT leadership is to retain these trainees as they go forward in their careers, providing a professional home for these clinicians and academicians

¹The recently revised program (2001) of the Accreditation Council for Graduate Medical Education (ACGME) for training in adult psychiatry requires that residents achieve competency in the delivery of CBT.

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over time. Attention to the retention and
expansion of full members has been of cen-
tral importance to the ABCT leadership,
with a particular focus on enhancing the
public face of our organization (see my col-
umn in the last issue of *tBT*).

Although our numbers are increasing,
and although our ABCT members have an
outsized impact on the empirical literature,
it is important to keep in mind the degree
to which our numbers are limited in the
field as a whole. In the late 1990s, estimates
placed the number of psychologists work-
ing in mental health in the United States at
73,000. The number of psychiatrists and
social workers in mental health were
35,000 and 192,000, respectively (Insel,
2004, as cited in Weissman et al., 2006).
Using these estimates, this means that just
under 3.5% of clinical psychologists, and
less than one-third of 1% of the psychia-
trists, are ABCT full members. As you
might expect, ABCT membership repre-
sents an almost invisible proportion of social
workers.

As an interdisciplinary organization de-
voted to the growth of CBT as a profes-
sional activity, we have more work to do.
Research over the last decade has docu-
mented that despite the wealth of evidence
for efficacy, there continue to be low rates at
which empirically supported treatments in
general, and CBT in particular, have been
provided in clinical practice (e.g., Goisman,
Warshaw, & Keller, 1999). Rather than re-

lying on our science to spread our message,
we also will need to attend to the science of
spreading messages. Said differently, dis-
semination of treatment is a very different
task than the validation of treatments. In
the coming decade, we will need to attend
to the strategies of dissemination if we are
going to better satisfy our outreach mis-
sions.

In summary, over the last four decades,
ABCT members have achieved much and
the organization has grown well. CBT is
practically synonymous with "empirically
based psychosocial treatment," and, as any
search of PubMed or Psychological
Abstracts will show, ABCT members are
prominent contributors to the science of ef-
fective psychotherapy. But, of course, these
successes have underscored the need for fur-
ther treatment enhancement and dissemi-
nation efforts, and for that, ABCT is going to
be very busy.

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PAST-PRESIDENTIAL REFLECTIONS: 1991–2006*

G. Alan Marlatt

■ PRESIDENT: 1991–1992



It has now been 14 years since I gave my presidential address at AABT at the annual convention in 1992. In my talk, I attempted to provide an overview of behavioral research and interventions for alcohol abuse

and dependence, with a special emphasis on the “controlled drinking” controversy and the emerging field of harm reduction therapy (Marlatt, Larimer, Baer, & Quigley, 1993). During my presentation, I gave a nod to my close friend and colleague, Neil Jacobson, who was seated in the front row. If it hadn’t been for Neil, I would not have thrown my hat in the ring to run as a candidate for the AABT presidency. Neil served as president the year before my term, and he strongly encouraged me to run in the following year’s election. Having known Neil since he was an undergraduate student at the University of Wisconsin where I served on the faculty prior to moving to the University of Washington in 1972, I was influenced by his enthusiastic support for my candidacy and decided to give it a try. Neil was the first AABT member to congratulate me for my election success. I would like to take this opportunity to acknowledge Neil’s powerful influence in the evolution of AABT/ABCT and the continuing impact of his strong research and clinical contributions to the field. Sadly, as readers know, Neil passed away suddenly just over 7 years ago. His colleagues here at the University of Washington will always remember Neil and his personal charisma and enthusiasm for his life and his work. We all miss him dearly—thanks, Neil!

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Richard M. Suinn

■ PRESIDENT: 1992–1993



Very fond memories!

My year targeted two themes—increasing diversity and access for members . . . with results! At the convention there were 50 ethnic minority symposia/posters, compared to 6 in prior years. The convention also provided contact with Chris Sizemore—the 3 faces of Eve (referring to herself as “we”)—and the illustrious Albert Bandura. Interestingly, Convention Program Committee members have since become: president of AABT (3), CEO of APA, Chief Academic Officer at Howard University, APA president. Regarding access, a challenge from me was rewarded by a stream of interactive *tBT* letters from members. To break down barriers, a convention “Treasure Hunt” made it possible for new/junior members to interact with senior leaders.

Very major lasting events included the American Board of Behavioral Psychology being formally admitted to the national American Board of Professional Psychology, the initiation of *Cognitive and Behavioral Practice* as a new publication concept, and a move to AABT’s brand new condo space! Changing AABT’s name nearly occurred, but opposition was still fierce—with diverse feedback ranging from “Outrageous!” to “About time!” This year also saw the start of broadening AABT’s scope to national issues: exploring our role on managed care, and my conducting a briefing on Capitol Hill.

On a personal note, preparing my presidential address filled me with anxieties related to perfectionism, but the final content enabled me to have fun . . . and judging from laughter, so did the audience. And perhaps “fun” best describes my memories. I never anticipated being president, but am forever grateful for the experience.

Linda Carter Sobell

■ PRESIDENT: 1993–1994



Remembering Our Roots

In the early 1950s a group of courageous scientists and practitioners disillusioned with traditional psychotherapy developed an empirically grounded alternative treatment model based on learning theory that challenged the psychiatric establishment. Forty years ago AABT was founded by a small group of 10 visionary psychologists, psychiatrists, and other mental health professionals. The organization now has over 4,700 members. These pioneers and others who joined them had great difficulty getting articles published in mainstream clinical journals like the *Journal of Consulting and Clinical Psychology*; consequently, journals like *Behaviour Research and Therapy* and *Behavior Therapy* were established. These early developments and many more helped make cognitive and behavioral therapies what they are today—established, respected, and mainstream.

While the old battles are behind us, an important issue is what challenges will we face over the next 40 years. Being in the mainstream is not a problem, unless it leads to complacency. *However, we should not confuse social legitimacy with clinical success.* Because there are few disorders that we (or any other approach) have totally conquered, there are still mountains to climb and new territories to explore.

As health care approaches continue to evolve, ABCT can play a leading role in defining the place of behavioral treatments in the health care system. However, if we are to be a significant player in the development of improved services, we must never lose sight of our roots and what has made us successful. We must continue to promote and offer evidence-based interventions.

I am proud to be a member of ABCT and to have served as one of its presidents and on the Board for over two decades.

*EDITOR’S NOTE: The recollections of past presidents from 1966 to 1991 appear in AABT’s *Silver Anniversary Yearbook* (1991).

Thomas H. Ollendick

■ PRESIDENT: 1994–1995



My academic training was not in cognitive-behavior therapy. Purdue University, where I received my doctoral training, was a humanistic and psychodynamic-based program at that time (late 1960s). My postdoctoral training at Devereux Foundation in 1971 was also primarily psychodynamic in orientation.

My evolution from humanistic and psychodynamic approaches to cognitive behavioral approaches was determined by three primary forces: (a) the emergence of behavior modification and behavior therapy in the late 1960s, (b) my own experience and dissatisfaction with more traditional approaches, and (c) chance occurrences. I was fortunate to attend my first AABT conference in 1968 when Arnie Lazarus was president. What an electrifying conference that was! I have not missed a conference in the past 35+ years, and have never looked back or regretted my evolution. The psychology of chance occurrences favored my development—I was in the right place at the right time.

In 1978–1979, I completed a sabbatical leave at Western Psychiatric Institute and Clinic and had the good fortune of working with Michel Hersen. Michel took me under wing and introduced me to the inner workings (“inner circle”) of AABT. I served on several committees and then was elected its president—an honor that clearly stands out as the peak experience in my professional career.

There are many memorable moments with AABT, not the least of which was introducing my immediate predecessor, Linda Sobell, as president at the annual meeting in 1994 and showing slides of her and Mark in their 1960s apparel. That was fun . . . at Linda and Mark’s expense! I also remember very vividly being introduced for my own presidential address by Art Freeman the year thereafter—with Art knowing me all too well and showing a slide of my wife (Mary) and me in our Sonny and Cher outfits (“I got you, babe”) and then a photograph of me superimposed on a picture of Freud’s inner circle!

I also recall our various Board meetings and our struggles to find our rightful place in the mental health field. We aspired to identify ourselves as a discipline and organi-

zation that welcomed clinical science and empiricism—whether it favored the teachings and practices of behavioral and cognitive therapy or not. To this end, my first presidential column in 1995 was entitled “AABT and Empirically Validated Treatments.” In looking back, it is gratifying to recall the excitement that was generated with this movement and AABT’s role in it. While APA busied itself with the prescription authority movement, AABT embraced the evidence-based movement. At this time, the majority of evidence-based treatments are cognitive behavioral ones. And, only in this past year has APA finally taken a position in favor of evidence-based treatments. How could they not? But more importantly, why did it take so very long for them to do so?

My association with ABCT has always been a positive one. They have been good years. ABCT is my professional home.

Art Freeman

■ PRESIDENT: 1995–1996



Trying to identify the most memorable event or circumstance in one’s presidency is a daunting task. As I have reviewed and sorted through many experiences I considered the following: being elected, the expe-

riences of several years in various Board-related activities, the presidential address (Phil Kendall’s advice was Depends), the involvement in the AABT governance as president-elect, president, and past president, and being part of the august group of past presidents.

Of all of the presidential experiences, I would have to say, unequivocally, that the most important ones were those related to working with the central office: M.J., Mary Ellen, and David, and the support office staff. Presidents could not do their jobs without the organizational memory, files, advice, good will, and motivation that our staff provides. With a combined longevity at ABCT measured in decades, the central office has supported and endured various presidents and presidencies. We have seen former presidents disappear from the radar, while others remain hale, hearty, and involved in our association. The continuity and health of ABCT will be measured by the time, energy, effort, caring, and contributions of our members and Board. What

allows for peaceful and positive transitions are the time, energy, effort, caring, mentorship, and contributions of the central office staff. I learned more about organizational dynamics from our resident experts than I could have anywhere else. Thanks for the memories!

Antonette Zeiss

■ PRESIDENT: 1996–1997



ABCT has been my professional home throughout my career, so being elected as president was a great joy. I ran for office in (then) AABT three times and won twice. I ran once, and won, as Representative-

at-Large to the Board of Directors and I ran twice for president, and won the second time. I found it hard to put myself forward as a candidate, especially for president, and I was uncomfortable with asking for members’ support and votes. The warmth and collegiality I felt from others in AABT, whether they planned to vote for me or the person I ran against, were invaluable for me in that process. As president, I emphasized two major themes. First, I have worked throughout my career to foster interdisciplinary and interprofessional approaches to health care; that theme was important to me for AABT/ABCT then, and still is. The organization was founded to bring together mental health providers, from all professions, who research and implement evidence-based behavioral and cognitive therapies: psychologists, psychiatrists, social workers, nurses, and others. Second, I emphasized the needs of older adults and the value of cognitive and behavioral therapies in work with them. The Special Interest Group on Behavior Therapy and Aging was a wonderful source of support for me, and I have stayed involved and watched with pride as that group has grown and thrived.

I also remember doing some tough things as president. Most notably, an apology was needed from a professional who had made some inaccurate claims involving AABT, and it was my job to work that out. I was able to do that and felt that the other person involved behaved responsibly and appropriately when the issue was brought into focus. Such challenges are a constant component of work in large, complex organizations like ABCT, but there was great support from staff (Mary Jane Eimer and

[*advertisement*]:

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Mary Ellen Brown especially) and from everyone on the Board when challenges had to be faced. I benefited enormously from my years in governance of AABT, and I encourage everyone reading this to think about getting involved and giving back to this amazing organization.

Oh—the top floor suite at the Fontainebleau on Miami Beach for my presidential convention was pretty good, too!

Steven C. Hayes

■ PRESIDENT: 1997–1998



What Lasts

Organizational work has a purpose and when I look at what has lasted and made a difference I see a lesson, so I'd like to answer this question in a broader way. What I remember and value most from my presidency are the columns I wrote for *the Behavior Therapist*. The presidency is a bully pulpit, and the challenge of the columns forced me to organize my thinking. I argued that we needed a better model of science-based practice, and that it required better theory (in particular, one that truly focused on directly manipulable variables and context, not just relationship among different psychological domains), more philosophical clarity, a more robust and productive relationship between applied and basic psychology, more focus on the economic factors influencing treatment adoption, a greater emphasis on the right kind of dissemination research, and practice guidelines linked to all of this. I also pointed to some dead ends, in particular the useless in-fighting between cognitive and behavioral models or other squabbles between philosophical approaches, and the misinterpretation of biological variables in crafting models of behavioral problems. Finally, I linked this whole approach to science values. (And there were two fun columns as well: one on 13 rules of success for students and one on how to effectively rein in the bane of presenters' existence: discussants.)

It seems superficially strange to remember most the intellectual side of the work as president, but I think there is a bit of a message there: organizations are most important as they empower intellectual and practice developments.

I was in the thick of efforts to establish APS, AAAPP, and now the Association for Contextual Behavioral Science. In each case

I see the same point emerging from my experience, sometimes because I forgot this lesson. Organizations are tools to do good, not ends in themselves. And ABCT has been such a tool for four decades. That is why we value it and wish to see it grow in impact and importance.

Steve Hollon

■ PRESIDENT: 1998–1999



I have great regard and affection for ABCT and consider it my primary professional home. My sense is that nothing drives the field like research and my sense is that ABCT is dedicated to facilitating the pursuit and

dissemination of the latest advances in the field. Good data will out and practice in the field will always follow the most exciting scientific breakthroughs. What has impressed me over the years is how ABCT continues to attract the best and brightest of the young people entering the field. Good science never grows old and nothing is more likely to attract young talent than a chance to have an impact on the field. As long as the organization stays true to its mission to advance the cause of clinical science, it will remain a strong and vital organization with something to contribute. I look forward to many more productive years to come.

Arthur M. Nezu

■ PRESIDENT: 1999–2000



As I get older, I take to heart more and more John F. Kennedy's admonition to "ask what you can do for your country, not what your country can do for you." Perhaps the greatest part of being a cognitive-

behavioral psychologist is the opportunity to give to others. As a clinician, I have had the privileged opportunity to help specific individuals alleviate their pain and suffering; as a researcher, I continue to feel humbled when I hear that an agency in another part of the world has adopted some of my work. As a teacher, I feel honored that I have affected (hopefully in a positive manner) the next generation of CBT-ers. However, my fondest memory of AABT

was not being elected its president, but being presented years later with the Award for Outstanding Service to AABT in 2004. Don't get me wrong—I have been known to gripe and curse about too many commitments, too many deadlines, and too much on my plate. But bottom line, my fondest memory of AABT is receiving accolades for doing something I think was simply fulfilling a responsibility. If I have influenced a few to think beyond themselves and their careers by my service to AABT, I will retire a happy person. Thank you, Christine, central office staff, and fellow ABCT members for all your support throughout the years. Believe me when I say that dreams do come true!

Marsha M. Linehan

■ PRESIDENT: 2000–2001



My most memorable events in ABCT were at the very beginning of my association with it. I was a brand new assistant professor when Jerry Davison appointed me chair of the Membership Committee,

which at that time made me a member of the Board of Directors. This was in 1975 at a very critical time in both the women's rights movements. At a Board meeting, I and Stephanie Stolz, the only women on the Board, noticed that all invited speakers were men. Our distress over this led to our founding the Women's Special Interest Group with the mission of advancing the interests of women in the organization, in treatment research and treatment options in the mental health field at large. Many women immediately joined and in many ways the group was quite influential in the affairs of ABCT. We were active and I believe successful in promoting women's issues in panels, symposia, research and ABCT appointments and elections. My most painful memory, however, is when the women of that group marched up the center aisle at a business meeting to demand that the organization publicly support the proposed constitutional amendment saying that women are equal to men. (The effects of women's inequality on mental health were, of course, quite obvious to us.) The thundering response was that ABCT does not make political statements and our demand was refused. We turned and walked out en masse. As I look back on that generation of women and the men that supported

us, I am exceptionally proud to have been part of the enormous battle that we fought to bring women into circles of influence, increasing to a significant extent the ability of women to make decisions in their own best interests.

EDITOR'S NOTE: *While no immediate reaction was possible at the 1977 Annual Meeting of Members, the Board of Directors took up the issue at its next official meeting. At that time the Equal Rights Amendment was in the courts. The BOD decided that ABCT would hold conventions only in states that had ratified the amendment. This is the only "political action" ever taken by the Association. The ERA has been ratified by 35 states, leaving it 3 states short of the 38 required for ratification. It has been reintroduced into every Congress since that time.*

ABCT no longer boycotts unratified states; indeed, Illinois is one of those states. MEB

Richard G. Heimberg

■ **PRESIDENT: 2001–2002**



ABCT has grown and changed in significant ways since its humble beginnings 40 years ago, and I have been privileged to observe much of its evolution since I first became a member in 1976. We have passed

from the youthful exuberance of the rebels against the psychodynamic establishment, from a focus on strictly observable behavior, to an emphasis on (or at least strong consideration of) cognitive factors that influence behavior and psychopathology, to a time in which the spotlight is increasingly on mindfulness and acceptance-based approaches and on the role of emotion in psychopathology and its treatment. During these many changes, we have maintained a strong focus on the empirical development and evaluation of treatments, as evidenced by the movement toward empirically supported treatments, formally initiated by David Barlow and others more than a decade ago. Importantly, we have also seen an increased emphasis on multidisciplinary work and collaborations between cognitive-behavioral therapists and physicians to examine the relative and combined utility of our treatments and medications, and in that work, CBT has gained great respect in the greater community of health practitioners. I hope my own work on the treatment of social anxiety has contributed to this outcome in some small way. I am proud to have

served ABCT as President, Editor, and in many other capacities, and I hope to do so for many years to come.

Jacqueline B. Persons

■ **PRESIDENT: 2002–2003**



My first AABT meeting in 1980, when I was Edna Foa's student and followed her around feeling totally intimidated. Being asked by Art Freeman to submit my name to be editor of *tBT* and having a ton of fun

doing it. Early in my career wanting to present in a symposium, feeling unhappy that no one invited me to do that, but resolving that if I wanted to present in a symposium I would have to issue invitations and put it together myself, and doing that over and over and over, until finally people began inviting me to be in their symposia! Dancing with Steve Hayes at the Saturday-night party at the conference in Atlanta when I hardly knew him and having him congratulate me on publishing some big dog articles. Telling people about my little book and having Rick Heimberg, who heard me do that, tell me that it was a terrific book and I should not call it a little book. Riding in a van at a Board retreat in Salt Lake City when Marsha Linehan got a call on her cell phone telling her that Neil Jacobson was dead. Being elected president: the biggest professional honor I will ever receive. Working with Deb Hope, Program Chair, and her colleague David DiLillo, to arrange on-line submission for the conference for the first time. Grappling with AABT's creaky governance system during my presidential year. Giving my presidential address, with my husband, my AABT friends and colleagues, and Jerry Davison coming early and parking himself in the front row, cheering me on.

Patricia Resick

■ **PRESIDENT: 2003–2004**



When asked to think back on notable memories of my time at ABCT, my first thought was of one of my first conferences, in 1974. I was so excited to attend the presidential address of the author of one of my

favorite textbooks. Instead of presenting on his own research for his address, Gerald Davison gave an impassioned plea for the American Psychiatric Association to drop homosexuality from the list of psychiatric disorders and for therapists and researchers to stop attempting to change the orientation of homosexuals. I was so very impressed with President Davison using this venue to discuss an important social issue and remember how people discussed his address for years afterwards. It was the first time that I realized how influential a single person could be in our field, and from within our organization.

I always look forward to attending the annual conference. I have developed conference friends over the years that I look forward to seeing every year. These are people I have met on committees, in the governance structure, through SIGs, at poster sessions, at cocktail parties, and while sharing the podium in symposia. I would never have met these wonderful, smart, and dedicated people if it were not for the organization and for the annual conference. Now every year is a reunion as much as it is an intellectual and academic update.

J. Gayle Beck

■ **PRESIDENT: 2004–2005**



As the Association turns 40, it is an important time for us to collectively think about factors and forces that will ensure another four decades of organizational health. The past few years have positioned us to take advantage of our strengths

for future growth: we've gotten our journals on-line, we've concretized our policies to ensure consistency in operating across the years, and we've begun to interface with other, like-minded organizations. I was involved in many of these initiatives, which was exciting and rewarding. In my mind, the best work is fun—and being able to serve the Association as president was a blast last year. Behavior theory and cognitive behavioral therapy has truly grown into its own. As we look ahead for the Association, let's keep it fun and let's keep the momentum going!

The Mission Continues: The Past, Present, and Future of Behavior Therapy

Ray DiGiuseppe, *St. John's University*



I have been a member of ABCT for 30 years: 75% of its existence. Although I belong to a number of professional organizations, each year when I receive dues statements in the mail I ask myself,

“Why do I want to continue my membership in this organization?” Obviously, I’ve had many reasons for continuing in ABCT, while other memberships I have allowed to lapse. I would like to recount how this organization has met my professional needs for 30 years, and why I consider it my professional home. Although I was trained in the scientist-practitioner model, adhering to the scientist-practitioner model is a difficult endeavor. This may be partly due to the fact that there remains so much about behavior and interventions that we do not know—and so many questions remain to be answered. However, practitioners cannot wait until the research results come in. Our clients require attention today, not after a 5-year trial, data analysis, and rounds of peer reviews. Thus, for those of us ascribing to this model, a dialectical tension exists between engaging in ivory-tower investigations of psychological interventions and the practitioners’ demands to implement our present state of knowledge in the immediate here and now. Moreover, while scientists can easily avoid the messy problems posed by real people with disturbed behavior, practitioners can become so involved with the pain of those they help that they fail to remain accountable and focus on interventions that work. Only by an open and continual dialogue between practice and science can both arms grow and achieve their goals. I have remained committed to this model because I believe that it provides the best chance for helping people and advancing our knowledge.

Few organizations have met the needs of mental health professionals adhering to the scientist-practitioner philosophy. Some organizations focus on the scientific aspects of psychology and fail to answer

questions relevant to clinical practice or the removal of human suffering. Other organizations focus on clinical practice and shun the hard scientific work that might conflict with assumptions of clinical models, or they resort to the old refrain that their therapy is so complex that the scientific method cannot address the nature of their practice.

ABCT, through its journals and conventions, has always used science to advance clinical practice. During my career and membership I have worked in clinics, full-time private practice, and for the past 19 years in a university. ABCT has remained a true home to the scientist-practitioner in me for my entire career because both aspects are crucial to the identity of the organization. I can say that I have never left an ABCT convention without at least one idea that I planned to implement with clients upon my return home. I have never put down a journal issue without considering how I can use something I read to help a client or to teach my students to use clinically. Also, I have never left a convention without a research idea that I want to test to further our understanding of a clinical problem or technique. Our association has encouraged people to ask for evidence for psychological interventions and has encouraged researchers to address the questions relevant to such interventions. This dialogue between practitioners and researchers remains the core mission of ABCT. Science without practical application and practice without a scientific basis fails our mission.

So, has the dialogue that has revolved around this dialectic tension for the past 40 years produced a deeper understanding of human behavior and disorder, and did it lead to more efficacious interventions? Do we know more now than when I attended my first convention 30 years ago? Back then behavior therapy was considered the lunatic fringe. At the first hospital where I worked, behavior therapy was reserved for clients with limited intellectual ability and those with little chance

of improvement. I recall being only one of two psychologists in a large department who self-identified as behavior therapists. We were challenged constantly and ridiculed for our “superficial” approach. However, like many behavior therapists we loved the challenge. For the first several decades of our existence, I think many of our members enjoyed being on the outside challenging the established totems in psychiatry and psychology, and fomenting revolutions in the mental health field. Rebelling against old models and therapies and proposing new ones was exciting, and our efforts have been rewarded.

Dedication to the dialectics of science and practice has made a difference. Members of our organization have made tremendous strides in developing and demonstrating the efficacy of psychological interventions. Over the years the practice of behavior therapy has changed a great deal. People with more diverse problems are treated much more effectively and with new methods and techniques than in the past. The successes are too numerous for me to present here. ABCT has become a mature organization and a major force in the mental health field. Now our methods and principles are accepted as the established standards for developing efficacious psychological interventions. While much work remains to be done, we can proceed to expanding our knowledge.

This success poses new challenges to our organization. The first of which is dissemination. How do we ensure that more people receive the most effective psychological interventions, especially the underserved and those without ready access to mental health care? Although the idea of dissemination sounds like a simple task, our Board has discussed this at many retreats and meetings and it has received attention by some of our best minds. Dissemination of information and training in efficacious psychological interventions remains a challenge to the field. Whereas we have made inroads in the training of psychiatrists in CBT, psychologists and social workers continue to be trained without their accreditation bodies mandating training in our empirically supported methods. Our Board of Directors will continue to struggle with these training and dissemination issues over the next few years.

Fragmentation appears as yet another challenge to our organization. Many different brands of behavior therapy have developed recently. Each brand has its

promoters and scientists. Each has research support for its effectiveness. Each has its own meetings. Proponents of each approach focus on the scientific support for their own interventions, yet fail to address how the alternative interventions can also lead to meaningful behavior change. I would like to propose a fourth wave of behavior therapy (that is focused on understanding and elucidating the common processes and principles underlying these various factions of our field). Perhaps we can improve the success of our interventions by understanding how all effective interventions work. Even if one intervention produces a somewhat higher success rate, other interventions produce a success rate as well. Investigating the common mechanism that leads to successful interventions could help us understand what accounts for change and leads to more effective and efficient interventions. Please join me in this investigation and help continue the growth of our association.

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TIME LINE

- 1878** ♦ G. Stanley Hall receives first American Ph.D. in psychology
- 1879** ♦ Wilhelm Wundt institutes the first psychology laboratory at the University of Leipzig
- 1887** ♦ *American Journal of Psychology* founded
- 1890** ♦ William James publishes *Principles of Psychology*
- 1892** ♦ G. Stanley Hall, recipient of the first American Ph.D. in psychology, founds the American Psychological Association (APA), with an initial enrollment of 42 members
- 1896** ♦ Clinical psychology is born, with the opening of the first psychological clinic at the University of Pennsylvania in Philadelphia
- 1898** ♦ Edward Thorndike develops the Law of Effect, stating, “a stimulus response chain is strengthened if the outcome of that chain is positive”
- 1906** ♦ Morton Prince establishes the *Journal of Abnormal Psychology*
 - ♦ Ivan Pavlov publishes his first studies on classical conditioning
- 1911** ♦ Thorndike’s work on animal intelligence establishes the foundation for operant conditioning
- 1913** ♦ John Watson publishes *Psychology as the Behaviorist Views It*, establishing early principles of behaviorist psychology
- 1920** ♦ Watson and Rosalie Rayner publish the Little Albert experiments, demonstrating that fear can be conditioned in human beings
- 1924** ♦ Mary Cover Jones demonstrates that fears can also be removed by conditioning, establishing the first principles of behavior therapy
- 1927** ♦ Ivan Pavlov publishes his lectures on *Conditioned Reflexes*, initiating classical conditioning theory
- 1938** ♦ B. F. Skinner publishes his first major work on behavior analysis, *The Behavior of Organisms: An Experimental Analysis*
- 1945** ♦ Connecticut first passes licensure legislation for psychologists, making psychology a protected practice-oriented profession
 - ♦ *Journal of Clinical Psychology* begins publication
- 1947** ♦ American Board of Professional Psychology established to begin certifying psychologists in the practice of certain specialties
 - ♦ Orval Hobart Mowrer describes his two-factor theory of fear conditioning
- 1949** ♦ Scientist-practitioner model of clinical psychology codified at the Boulder conference
- 1952** ♦ The American Psychiatric Association publishes the *Diagnostic and Statistical Manual of Mental Disorders*
 - ♦ Hans Eysenck publishes treatment efficacy study suggesting psychological treatment not more efficacious than no treatment at all; spurs outpouring of treatment outcome studies in response in attempts to demonstrate efficacy of therapy
 - ♦ Eysenck founds behavioral research group at Maudsley Hospital at University of London, Institute of Psychiatry
- 1953** ♦ Skinner establishes the Harvard Medical School Behavior Research Laboratory, bridging the gap between experimental analysis of behavior and psychopathology
 - ♦ Albert Ellis establishes Rational Emotive Therapy, describing impact of irrational beliefs on emotional states of being, and disputation of those irrational beliefs as a way to deal with dysfunctional states
 - ♦ Ogden Lindsley, Skinner, and Harry Solomon become the first to use the term “behavior therapy” to refer to the application of conditioning principles to psychological problems

- 1956** ♦ Joseph Wolpe founds behavioral research group in Johannesburg, South Africa
- ♦ Eysenck and Wolpe's groups are influential in the subsequent development of AABT
- 1957** ♦ Society for the Experimental Analysis of Behavior (SEAB) formed
- 1958** ♦ Wolpe outlines principles of systematic desensitization
- ♦ SEAB begins publishing the *Journal of the Experimental Analysis of Behavior*
- ♦ Eysenck and Jack Rachman found the first behavioral therapy journal, *Behaviour Research and Therapy*
- 1960** ♦ Eysenck publishes *Behaviour Therapy and the Neuroses*, the first book to use "behavior therapy" in its title
- 1963** ♦ Albert Bandura describes impact of modeling on personality development
- 1965** ♦ First token economy used to treat adolescent male inpatients at Anna State Hospital by Teodoro Ayllon and Nathan Azrin
- ♦ Leonard Ullman and Leonard Krasner contribute *Case Studies in Behavior Modification* in which the term "applied behavior analysis" is used to refer to the application of operant conditioning techniques such as contingency management to clinical problems
- 1966** ♦ Association for Advancement of Behavior Therapy founded in New York City. Founding members of AABT include John Paul Brady, Joseph Cautela, Edward Dengrove, Martin Gittelman, Cyril Franks, Leonard Krasner, Arnold Lazarus, Andrew Salter, Dorothy Susskind, Joseph Wolpe.
- 1967** ♦ Aaron T. Beck publishes *Cognitive Therapy for Depression*, discussing impact of dysfunctional thoughts in the development and maintenance of depression
- 1967** ♦ First AABT convention held in Washington, DC (concurrent with APA's meeting)
- 1968** ♦ The first professional doctorate of psychology program (Psy.D.) established at the University of Illinois at Urbana-Champaign
- ♦ SEAB founds the *Journal of Applied Behavior Analysis* for the original publication of reports of experimental research involving applications of the experimental analysis of behavior to problems of social importance
- 1969** ♦ Wolpe publishes *The Practice of Behavior Therapy*
- ♦ Bandura publishes *Principles of Behavior Modification*
- ♦ Wolpe and L. J. Reyna found the *Journal of Behavior Therapy and Experimental Psychiatry*
- ♦ First Banff International Conference on Behavioral Sciences held, with intent of joining scientists and practitioners to discuss ideal mental health care practices
- 1970** ♦ First issue of *Behavior Therapy* (Editor: Cyril Franks)
- 1971** ♦ Skinner publishes *Beyond Freedom and Dignity*
- 1972** ♦ British Association for Behavioural and Cognitive Psychotherapies (BABCP) formed
- 1974** ♦ Gerald Davison's presidential address at AABT, "Homosexuality: The Ethical Challenge," presents one of the first challenges to the ethics of sexual conversion therapies and contributes to subsequent decisions on the part of the American Psychological Association to cease to endorse or promote these types of therapies
- 1976** ♦ Alan Kazdin and Linda Craighead Wilcoxon publish an extensive review of the efficacy of systematic desensitization and examining the role of placebo effects in treatment gains



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GOVERNING BODIES

When the Association was founded, in 1966 there was a Board of Directors and committees. As goals and objectives of the society grew, a new governing structure was introduced in 1982 which added coordinators and additional committees were formed. As tasks were accomplished or reimagined, committees have been adjusted and sometimes retired. Additionally, there has been an ongoing effort to empower the committees while at the same time maintaining efficiency and accountability of our governing structure. Committee Chairs are responsible to Coordinators, who are responsible to the Board of Directors. As always, the Board is responsible to the membership.

The following lists, therefore, of individuals who have served the Association are arranged by interest or tasks. We have listed committees linked by their efforts. In several instances committees have been moved from one "interest area" to another. They are listed here by their current "home."

We have made every effort to be inclusive, and apologize if a volunteer member has been omitted. It is the work of Association members that has allowed ABCT to grow and to have purpose.

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Rex Forehand, Ph.D., 1977
Steven Reiss, Ph.D., 1978
C. Barr Taylor, M.D., 1979
Judith V. Becker, Ph.D., 1980
Lorne Hartman, Ph.D., 1981
Gayla Margolin, Ph.D., 1982
Diane Arnkoff, Ph.D., 1983
Thomas A. Wadden, Ph.D., 1984
John Foreyt, Ph.D., 1985
Frank Collins, Ph.D., 1986
Alan Sirota, Ph.D., 1987
Martha Ruff, Ph.D., 1988
Cynthia Baum, Ph.D., 1989
Jacqueline Persons, Ph.D., 1990
Virginia Roswell, Ph.D., 1991
Michael J. Cauley, Ph.D., 1992
Russell P. Rosenberg, Ph.D., 1993
Sandra Brown, Ph.D., 1994
Tommie Cayton, Ph.D., 1995
Mitchell L. Schare, Ph.D., 1996
Wendy Silverman, Ph.D., and Annette M.
La Greca, Ph.D., 1997
Christopher Peterson, Ph.D., 1998
Martin M. Antony, Ph.D., and Peter J.
Bieling, Ph.D., 1999
David Reitman, Ph.D., 2000
Christine Maguth Nezu, Ph.D., 2001
Victoria M. Follette, Ph.D., 2002
Michael W. Otto, Ph.D., and Donna B.
Pincus, Ph.D., 2003
Persephanie Silverthorn, Ph.D., 2004
Kelly J. Rohan, Ph.D., 2005
Pam Wiegartz, Ph.D., 2006
Amy Wenzel, Ph.D., 2007

MEMBERSHIP

Coordinator of Membership Issues

Linda C. Sobell, Ph.D., 1982-1985
Johnny Matson, Ph.D., 1986-1988
Antonette Zeiss, Ph.D., 1989-1991
Amy Holtzworth-Munroe, Ph.D.,
1992-1994
Mariela Shirley, Ph.D., 1995-1997
Sue C. Jacobs, Ph.D., 1998-2000
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Gayle Y. Iwamasa, Ph.D., 2004-2006
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Membership Issues Committee

Robert Fried, Ph.D., 1968-1969
Arnold Lazarus, Ph.D., 1970-1972
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Daniel M. Doleys, Ph.D., 1981-1983
Damaris J. Rohsenow, Ph.D., 1984-1986
Antonette Zeiss, Ph.D., 1987-1988
Tommie Cayton, Ph.D., 1989-1991

Keith Dobson, Ph.D., 1993-1995
Peter E. Campos, Ph.D., 1996-1997
Gayle Iwamasa, Ph.D., 1999-2000
Stephanie H. Felgoise, Ph.D., 2001-2004
Kristen H. Sorocco, Ph.D., 2005-2007

Branch Coordination

John D. Henderson, Ph.D., 1972
Alan E. Kazdin, Ph.D., 1973-1974

Affiliates Coordinator

Edward J. Callahan, Ph.D., 1975-1978

Affiliates & Special Interest Groups

Marian L. MacDonald, Ph.D., 1979-1981
Daniel B. Fishman, Ph.D., 1982-1984
Patricia A. Resick, Ph.D., 1985-1987
Betty G. Kirkley, Ph.D., 1988-1990
R. Lorraine Collins, Ph.D., 1991-1993
Russell P. Rosenberg, Ph.D., 1994-1996
Nancy Smyth, Ph.D., 1997

Special Interest Groups Committee

Nancy Smyth, Ph.D., 1998-1999
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Nominations Committee

Andrew Salter, 1969-1973
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Alan O. Ross, Ph.D., 1976-1977
Robert P. Liberman, M.D., 1978-1979
Edward B. Blanchard, Ph.D., 1980
Linda C. Sobell, Ph.D., 1981-1983
Janet Polivy, Ph.D., 1984-1985
Frank Andrasik, Ph.D., 1986-1987
Steven Reiss, Ph.D., 1988-1990
Laura Carstensen, Ph.D., 1990-1991

Committee on Nominations and Elections

Rose Zimering, Ph.D., 1992-1993
Danny G. Kaloupek, Ph.D., 1994-1995
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Clara M. Bradizza, Ph.D., 1998-1999
Maria Testa, Ph.D., 2000-2001
Sue C. Jacobs, Ph.D., 2002-2003
Carrie L. Winterowd, Ph.D., 2004-2005
Stephanie Felgoise, Ph.D., 2006-2008

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Mitchell Schare, Ph.D., 1992-1994
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Carrie Winterowd, Ph.D., 2001-2003
Curtis Hsia, Ph.D., 2004-2006
Joaquin Borrego, Jr., Ph.D., 2007-2009

Committee on Clinical Directory and Referral Issues

Frederick Rotgers, Psy.D., 2000
Brian P. Marx, Ph.D., 2001-2003
Doreen DiDomenico, Ph.D., 2004-2006
Gerald Tarlow, Ph.D., 2007-2009

Committee on Consulting Services and Peer Review

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Raymond G. Romanczyk, Ph.D.,
1984-1986

Gail Bernstein, Ph.D., 1987-1989

List-Serve Committee

Laura E. Dreer, Ph.D., 2005-2008

PUBLIC EDUCATION

Coordinator of Public Information

Raymond Romanczyk, Ph.D., 1992
Jan S. Handleman, Ed.D., 1993-1995
Jack W. Finney, Ph.D., 1996-1998
William T. O'Donohue, Ph.D., 1999-2001

Publicity

Barry S. Lubetkin, Ph.D., and Eileen
Gambrell, D.S.W., 1973
Michel Hersen, Ph.D., 1974
Michel Hersen, Ph.D., 1975-1976
Alan S. Bellack, Ph.D., 1977-1979
Kelly D. Brownell, Ph.D., 1980-1981

Committee on Public Education

Edward R. Christophersen, Ph.D.,
1982-1983
Terence M. Keane, Ph.D., 1984
Theodore Wasserman, Ph.D., 1987-1989

Committee on Public Education & Media Dissemination

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Mary Jane Weiss, Ph.D., 1993-1996
Sharlene Bird, Ph.D., 1997-1999
David J. Hansen, Psy.D., 2000-2002

PUBLICATIONS

Board

Richard R. Bootzin, Ph.D., 1975-1977
W. Stewart Agras, M.D., 1978-1979
Donald J. Levis, Ph.D., 1980-1981

Coordinators

Donald J. Levis, Ph.D., 1982
G. Terence Wilson, Ph.D., 1983-1985
Judith Favell, Ph.D., 1986-1988
David H. Barlow, Ph.D., 1989-1991
Gerald C. Davison, Ph.D., 1992-1994
Lizette Peterson, Ph.D., 1995-1997
Linda C. Sobell, Ph.D., 1998-2000
Arthur Freeman, Ph.D., 2001-2003
Judith Favell, Ph.D., 2004-2006

Archives Editors

Art Freeman, Ed.D., 1997-2000
Linda C. Sobell, Ph.D., 2000-2003
Eric Wagner, Ph.D., 2003-2006

Web Editors

Bruce Gale, Ph.D., 2003-2004
John Eustis Williams, Ph.D., 2006

Public Education and Media

Dissemination Committee Chair

Kenneth Ruggiero, Ph.D., 2003-2006

CONVENTIONS

1967 ■ 1ST ANNUAL CONVENTION
September 2–3, Washington, DC
Held with the 75th APA Convention—7 hours of programming in one room

1968 ■ 2ND ANNUAL CONVENTION
August 30–31, San Francisco
PROGRAM CHAIR: Arnold Lazarus

1969 ■ 3RD ANNUAL CONVENTION
September 1–2, Washington, DC
PROGRAM CHAIR: Herbert Fensterheim

1970 ■ 4TH ANNUAL CONVENTION
September 5–6, Miami Beach
PROGRAM CHAIRS: Herbert Fensterheim & John D. Henderson

1971 ■ 5TH ANNUAL CONVENTION
September 5–6, Washington, DC
PROGRAM CHAIRS: John D. Henderson & Robert P. Liberman

1972 ■ 6TH ANNUAL CONVENTION
October 6–8, New York City
PROGRAM CHAIR: Robert P. Liberman

1973 ■ 7TH ANNUAL CONVENTION
December 7–9, Miami Beach
PROGRAM CHAIRS: Richard B. Stuart & David H. Barlow

1974 ■ 8TH ANNUAL CONVENTION
November 1–3, Chicago
PROGRAM CHAIR: David H. Barlow

1975 ■ 9TH ANNUAL CONVENTION
December 12–14, San Francisco
PROGRAM CHAIR: Donald J. Levis

1976 ■ 10TH ANNUAL CONVENTION
December 2–5, New York City
PROGRAM CHAIR: Alan E. Kazdin

1977 ■ 11TH ANNUAL CONVENTION
December 8–11, Atlanta
PROGRAM CHAIR: G. Terence Wilson

1978 ■ 12TH ANNUAL CONVENTION
November 16–19, Chicago
PROGRAM CHAIR: Gene G. Abel

1979 ■ 13TH ANNUAL CONVENTION
December 13–16, San Francisco
PROGRAM CHAIR: Laura Schreibman

1980 ■ 14TH ANNUAL CONVENTION
November 21–23, New York City
PROGRAM CHAIR: Steven C. Hayes

1981 ■ 15TH ANNUAL CONVENTION
November 12–15, Toronto
PROGRAM CHAIR: Alan S. Bellack

1982 ■ 16TH ANNUAL CONVENTION
November 19–21, Los Angeles
PROGRAM CHAIR: Marian L. MacDonald

1983 ■ 17TH ANNUAL CONVENTION
December 8–11, Washington
PROGRAM CHAIR: Kelly D. Brownell

1984 ■ 18TH ANNUAL CONVENTION
November 1–4, Philadelphia
PROGRAM CHAIR: John E. Martin

1985 ■ 19TH ANNUAL CONVENTION
November 14–17, Houston
PROGRAM CHAIR: Frank Andrasik

1986 ■ 20TH ANNUAL CONVENTION
November 13–16, Chicago
PROGRAM CHAIR: Timothy Kuehnel

1987 ■ 21ST ANNUAL CONVENTION
November 12–15, Boston
PROGRAM CHAIR: Philip C. Kendall

1988 ■ 22ND ANNUAL CONVENTION
November 17–20, New York City
PROGRAM CHAIR: John R. Lutzker

1989 ■ 23RD ANNUAL CONVENTION
November 2–5, Washington
PROGRAM CHAIR: Robert C. Klesges

1990 ■ 24TH ANNUAL CONVENTION
November 1–4, San Francisco
PROGRAM CHAIR: Rick E. Ingram

1991 ■ 25TH ANNUAL CONVENTION
November 21–24, New York City
PROGRAM CHAIR: Gail Steketee

1992 ■ 26TH ANNUAL CONVENTION
November 19–22, Boston
PROGRAM CHAIR: Rodney Hammond

1993 ■ 27TH ANNUAL CONVENTION
November 18–21, Atlanta
PROGRAM CHAIR: Arthur M. Nezu

1994 ■ 28TH ANNUAL CONVENTION
November 10–13, San Diego
PROGRAM CHAIR: Gerard J. Connors

1995 ■ 29TH ANNUAL CONVENTION
November 16–19, Washington, DC
PROGRAM CHAIR: Eva L. Feindler

1996 ■ 30TH ANNUAL CONVENTION
November 21–24, New York City
PROGRAM CHAIR: Raymond DiGiuseppe

1997 ■ 31ST ANNUAL CONVENTION
November 13–16, Miami Beach
PROGRAM CHAIR: Ann Steffen

1998 ■ 32ND ANNUAL CONVENTION
November 5–8, Washington, DC
PROGRAM CHAIR: William Follette

1999 ■ 33RD ANNUAL CONVENTION
November 11–14, Toronto
PROGRAM CHAIR: David A. F. Haaga

2000 ■ 34TH ANNUAL CONVENTION
November 16–19, New Orleans
PROGRAM CHAIR: Michael R. Petronko

2001 ■ 35TH ANNUAL CONVENTION
November 15–18, Philadelphia
PROGRAM CHAIR: Martin M. Antony

2002 ■ 36TH ANNUAL CONVENTION
November 14–17, Reno
PROGRAM CHAIR: Michael W. Otto

2003 ■ 37TH ANNUAL CONVENTION
November 20–23, Boston
PROGRAM CHAIR: Debra A. Hope

2004 ■ 38TH ANNUAL CONVENTION
November 18–21, New Orleans
PROGRAM CHAIR: Trish J. Long

2005 ■ 39TH ANNUAL CONVENTION
November 17–20, Washington, DC
PROGRAM CHAIR: Joanne Davila

2006 ■ 40TH ANNUAL CONVENTION
November 16–19, Chicago
PROGRAM CHAIR: Maureen Whittal

2007 ■ 41ST ANNUAL CONVENTION
November 15–18, Philadelphia
PROGRAM CHAIR: Dean McKay

Convention Attendance—Last 20 Years

1986 ■ Chicago	1,664
1987 ■ Boston	2,242
1988 ■ New York City	2,251
1989 ■ Washington, DC	2,018
1990 ■ San Francisco	1,801
1991 ■ New York City	2,348
1992 ■ Boston	2,089
1993 ■ Atlanta	2,121
1994 ■ San Diego	1,955
1995 ■ Washington, DC	2,250
1996 ■ New York City	2,692
1997 ■ Miami Beach	2,097
1998 ■ Washington, DC	2,362
1999 ■ Toronto	2,241
2000 ■ New Orleans	2,571
2001 ■ Philadelphia	2,353
2002 ■ Reno	2,215
2003 ■ Boston	3,220
2004 ■ New Orleans	3,116
2005 ■ Washington, DC	3,211

PUBLICATIONS

BEHAVIOR THERAPY

1970–1978 ■ Volumes 1–9

Editor: Cyril M. Franks, Ph.D.

Associate Editors

John Paul Brady, M.D., Vols. 1–9
Alan E. Kazdin, Ph.D., Vols. 6–9
Gene G. Abel, M.D., Vols. 8–9

1979–1983 ■ Volumes 10–14

Editor: Alan Kazdin, Ph.D.

Associate Editors

Edward B. Blanchard, Ph.D., Vols. 10–12
Merna D. Galassi, Ph.D., Vol. 10
Donald P. Hartmann, Ph.D., Vol. 10
Paul Karoly, Ph.D., Vols. 10–12
W. Robert Nay, Ph.D., Vols. 10–11
Thomas R. Kratochwill, Ph.D., Vols. 10–14
Philip C. Kendall, Ph.D., Vols. 12–13
Francis J. Keefe, Ph.D., Vols. 13–14
Marsha Linehan, Ph.D., Vol. 13
Rex L. Forehand, Ph.D., Vols. 14

1984–1986 ■ Volumes 15–17

Editor: David H. Barlow, Ph.D.

Senior Associate Editor

W. Edward Craighead, Ph.D.

Associate Editors

Frank Andrasik, Ph.D.
Sandra L. Harris, Ph.D.

1987–1989 ■ Volumes 18–20

Editor: Edward H. Blanchard, Ph.D.

Associate Editors

Ted Rosenthal, Ph.D.
Barry Edelstein, Ph.D.
Rex Forehand, Ph.D.

1990–1992 ■ Volumes 21–23

Editor: W. Edward Craighead, Ph.D.

Associate Editors

Andrew Meyers, Ph.D.
Susan O'Leary, Ph.D.
Lizette Peterson, Ph.D.

1993–1995 ■ Volumes 24–26

Editor: Lizette Peterson, Ph.D.

Associate Editors

Don Baucom, Ph.D., Vols. 24–25
Karen Gil, Ph.D., Vols. 24–26
Richard McNally, Ph.D., Vols. 24–26
Frank Andrasik, Ph.D., Vol. 26

1996–1998 ■ Volume 27–28

Editor: Frank Andrasik, Ph.D.

Associate Editors

J. Gayle Beck, Ph.D., Vols. 27–29
Michael Dow, Ph.D., Vols. 17–28
Sheila M. Eyberg, Ph.D., Vols. 27–29
Mark B. Sobell, Ph.D., Vol. 29

1999–2001 ■ Volume 30

Editor: J. Gayle Beck, Ph.D.

Associate Editors

Ileana Arias, Ph.D., Vols. 30–32
Ronald Drabman, Ph.D., Vol. 30
Thomas Joiner, Ph.D., Vol. 30
Daniel W. McNeil, Ph.D., Vol. 31–32
Christopher A. Kearney, Ph.D., Vol. 31–32

2002–2005 ■ Volumes 33–36

Editor: David A. F. Haaga, Ph.D.

Associate Editors

Timothy A. Brown, Ph.D., Vols. 33–36
John Lochman, Ph.D., Vols. 33–36
Anne Simons, Ph.D., Vol. 33
Deborah Beidel, Ph.D., Vol. 34
Melinda Stanley, Ph.D., Vols. 35–36

2006–2008 ■ Volumes 37–39

Editor: Richard Heimberg, Ph.D.

Associate Editors

Thomas Ollendick, Ph.D.,
Mark Sobell, Ph.D.
Allison Harvey, Ph.D.

AABT NEWSLETTER

Editors:

Cyril Franks, Ph.D., 1966–1973
Eileen D. Gambrill, D.S.W., 1974–1978

the BEHAVIOR THERAPIST

1978–1980 ■ Volumes 1–3

Editor: Michael F. Cataldo, Ph.D.

1981–1983 ■ Volumes 4–6

Editor: John R. Lutzker, Ph.D.

1984–1986 ■ Volumes 7–9

Editor: Jerry Martin, Ph.D.

1987–1989 ■ Volumes 10–12

Editor: Alan M. Gross, Ph.D.

1990–1992 ■ Volumes 13–15

Editor: Arthur Freeman, Ed.D.

1993–1995 ■ Volumes 16–18

Editor: Jacqueline B. Persons, Ph.D.

1996–1998 ■ Volumes 19–21

Editor: Arthur Nezu, Ph.D.

1999–2004 ■ Volumes 22–27

Editor: George Ronan, Ph.D.

2005–present ■ Volumes 28, 29

Editor: David Reitman, Ph.D.

BEHAVIORAL ASSESSMENT

1979–1982 ■ Volumes 1–4

Editor: Rosemary O. Nelson, Ph.D.

Associate Editors

Anthony R. Ciminero, Ph.D.
John D. Cone, Ph.D.
Donald P. Hartmann, Ph.D.
Ian M. Evans, Ph.D., Vol. 4

1983–1986 ■ Volumes 5–8

Editor: Donald Hartmann, Ph.D.

Associate Editors

Ian M. Evans, Ph.D., Vols. 5–8
Sharon Foster, Ph.D., Vols. 7–8
Gayla Margolin, Ph.D., Vols. 7–8
John D. Cone, Ph.D., Vols. 5–8

COGNITIVE AND BEHAVIORAL PRACTICE

1994 ■ Volume 1

Editor: Lizette Peterson, Ph.D.

Associate Editor

Denise D. Davis, Ph.D.

1995 ■ Volume 2

Editor: Denise Davis, Ph.D.

Scientific Advisory Editor:

Lizette Peterson, Ph.D.

1996–1997 ■ Volumes 3–4

Editor: Denise Davis, Ph.D.

Scientific Advisory Editor

Lizette Peterson, Ph.D.

Associate Editor

Ralph M. Turner, Ph.D.

1998–2000 ■ Volumes 5–7

Editor: Ralph M. Turner, Ph.D.

Scientific Advisory Editor

G. Alan Marlatt, Ph.D.

Associate Editors

Anne Marie Albano, Ph.D.
Constance V. Dancu, Ph.D.

2001–2004 ■ Volumes 8–11

Editor: Anne Marie Albano, Ph.D.

Scientific Advisory Editor

Martin Antony, Ph.D.

Associate Editors

Eric Wagner, Ph.D.
Barbara Stetson, Ph.D.

2005–present ■ Volumes 12, 13

Editor: Stefan G. Hofmann, Ph.D.

Associate Editors

Maureen Whittal, Ph.D.
Alec Miller, Ph.D.

ARCHIVES EDITORS

Art Freeman, Ed.D., 1997–2000

Linda C. Sobell, Ph.D., 2000–2003

Eric Wagner, Ph.D., 2003–2006

PRESIDENTIAL ADDRESSES

- 1971 **JOHN PAUL BRADY**, *University of Pennsylvania*
Behavior Therapy: Fad or Psycho-Therapy of the Future?
- 1973 **JOSEPH R. CAUTELA**, *Boston College*
A Behavioral Coding System
- 1974 **GERALD C. DAVISON**, *SUNY Stony Brook*
Homosexuality: The Ethical Challenge
- 1975 **RICHARD B. STUART**, *Weight Watchers International*
Protection of the Right to Informed Consent to Participate in Research
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Overcorrection, Self-Correction, and Contingent Positive Practice
- 1977 **TODD R. RISLEY**, *University of Kansas*
Winning
- 1978 **ALAN E. KAZDIN**, *Pennsylvania State University*
Fictions, Factions, and Functions of Behavior Therapy
- 1979 **DAVID H. BARLOW**, *SUNY Albany*
Behavior Therapy: The Next Decade
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Complex Problems Require Complex Solutions
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Psychotherapy Process and Procedure: The Behavioral Mandate
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Behavioral Assessment: Past, Present and Future
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The Image of Behavior Therapy: It Is Time to Take a Stand
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To Form a More Perfect Union
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Schizophrenia: Behavior Therapy's Forgotten Child
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So Where Do We Go From Here?
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There's a Place for Us: All of Us
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A Requiem for the Passing of the Three-Term Contingency
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Healthy Thinking
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A New Look at the Efficacy of Psychotherapy
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Controlled Drinking: A Decade of Controversy
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Origins of the Species (Psychopathology) . . . the Rest of the Story
- 1994 **LINDA C. SOBELL**, *Addiction Research Foundation and University of Toronto*
Bridging the Gap Between Science and Clinical Practice: The Challenge Before Us
- 1995 **THOMAS H. OLLENDICK**, *Virginia Polytechnic Institute & State University*
Aggression and Violence in Society: Where Do We Go From Here?
- 1996 **ARTHUR FREEMAN**, *PCOM*
Sharing Behavior Therapy: A Parable for Our Time
- 1997 **ANTONETTE M. ZEISS**, *Palo Alto VAHCS*
Looking Ahead: Health Care for the Elderly as a Model for the Future
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Human Suffering
- 1999 **STEVEN D. HOLLON**, *Vanderbilt University*
Cognitive Behavior Therapy in the Treatment and Prevention of Depression
- 2000 **ARTHUR M. NEZU**, *MCP Habnemann University*
Problem-Solving Revisited: A Zen Journey
- 2001 **MARSHA M. LINEHAN**, *University of Washington*
The Status of Suicide Research and the Future of Behavior Therapy
- 2002 **RICHARD G. HEIMBERG**, *Temple University*
The Understanding and Treatment of Social Anxiety: What a Long, Strange Trip It's Been (and Will Be)
- 2003 **JACQUELINE B. PERSONS**, *San Francisco Bay Area Center for Cognitive Therapy*
Empiricism, Mechanism, and the Practice of Cognitive-Behavior Therapy
- 2004 **PATRICIA A. RESICK**, *National Center for PTSD, Boston VAHCS, and University of Missouri, St. Louis*
Beyond Cognitive Processing: A Reconceptualization of Posttrauma Pathology
- 2005 **J. GAYLE BECK**, *SUNY Buffalo*
Moving Beyond the Status Quo: What Lies Ahead for Behavioral Theory and CBT...
- 2006 **MICHAEL OTTO**, *Boston University*
Enhancing Exposure Interventions: Translational Research Perspectives

AWARDS

Career/Lifetime Achievement

- 1995 Joseph Wolpe
- 1996 Andrew Salter
- 1997 Nathan Azrin
- 1998 Aaron T. Beck
- 1999 Arnold Lazarus
- 2000 Cyril Franks
- 2001 Albert Bandura
- 2002 Leonard Krasner
- 2003 Gerald C. Davison
- 2004 Leonard P. Ullmann
- 2005 Albert Ellis
- 2006 Edward B. Blanchard

Outstanding Educator/Trainer

- 1997 Gerald Davison
- 2000 Leo Reyna
- 2003 Harold Leitenberg
- 2006 Marvin R. Goldfried

Outstanding Researcher

- 1998 Alan Kazdin
- 1995 Edna Foa
- 2001 David H. Barlow
- 2004 Terence M. Keane

Outstanding Clinician

- 1996 Albert Ellis
- 1999 Marsha M. Linehan
- 2002 Marvin R. Goldfried
- 2005 Frank M. Dattilio

Outstanding Service to ABCT

- 2000 Linda C. Sobell
Mary Ellen Brown, AABT
- 2001 Dorothy J. Susskind
- 2002 Barry Lubetkin & Steven T. Fishman
- 2003 Lizette Peterson-Homer
(in memoriam)
Richard J. Seime
Rosemary Park, AABT
- 2004 Arthur M. Nezu
Mary Jane Eimer, AABT
- 2005 G. Terence Wilson
- 2006 All individuals who have served as
Secretary-Treasurer for the
Association

Outstanding Mentor

- 2006 Richard G. Heimberg

Outstanding Training Program

- 1995 University of Mississippi Medical
Center/Department of Veterans'
Affairs Medical Center (Ronald
Drabman, Training Director)
- 1996 Peter Monti, Brown University
- 1997 SUNY Stony Brook
- 1998 University of Georgia
- 1999 Clinical Psychology Training
Programs at Rutgers
- 2000 VA Palo Alto Health Care System
- 2001 Clinical Psychology Training
Program at West Virginia University
- 2002 Psychology Internship and
Postdoctoral Programs at Wilford
Hall Medical Center, Robert K.
Klepac, Director of Psychology
Training
- 2003 University of Washington Clinical
Ph.D. Program, Robert J.
Kohlenberg, Director of
Training
- 2004 SUNY Binghamton, Clinical
Psychology Program, Peter
Donovick, Director of Training
- 2005 The May Institute, Walter P.
Christian, President and CEO, and
Dennis C. Russo, Chief Clinical
Officer

Distinguished Friend to Behavior Therapy

- 1995 Plenum Press
- 1996 Daniel Goleman
- 1997 Anxiety Disorders Association of
America
- 1998 Obsessive-Compulsive Foundation
- 1999 Canadian Broadcasting Corporation
- 2000 Lisa Simon Onken and Jack David
Blaine, *NIDA*
- 2001 Jeff Kluger ("What Are You Afraid
of?"; *Time*)
- 2002 Anne Fletcher, (*Sober for Good*)
- 2003 John Allen, *Chief of the Treatment
Research Branch of the National
Institute of Alcohol Abuse and
Alcoholism*
- 2004 Nora Volkow, *NIDA*
- 2005 Jon Kabat-Zinn, *Center for
Mindfulness in Medicine, Health
Care, and Society, University of
Massachusetts Medical School*
- 2006 Jack Gorman, *Harvard Medical
School and McLean Hospital*

President's New Researcher

- 1979 Dianne Chambless
- 1980 J. Kelly
- 1981 Linda Craighead
- 1982 William Thrash
- 1983 Karen Bierman
- 1984 Edward Konarski, Jr.
- 1985 Janet St. Lawrence
- 1986 Thomas Wadden
- 1987 Richard Ingram
- 1988 Michael Carey
- 1989 K. Perkins
- 1990 Deborah Beidel
- 1991 Ernest Jouriles
- 1992 David Haaga
- 1994 Thomas Bradbury
- 1995 Steven Taylor
- 1996 Brian Cox
- 1997 Lynn Rankin-Esquer
- 1998 Michael Addis
- 1999 Diane L. Spangler
- 2000 Beth A. Kotchick
Lindsey L. Cohen
- 2001 Page Anderson
- 2002 Allison Harvey
- 2003 John R. Z. Abela
- 2004 Michael Zvolensky
- 2005 C. W. Lejuez
(honorable mention: *Matthew Nock*)
- 2006 Christopher Beevers

Student Dissertation Award

- 1995 Daniel Edwards, *University of Florida*
- 1996 John P. Forsyth, *West Virginia
University*
- 1997 Giau Tran, *American University*
- 1998 Melissa Polusny, *Mankato State
University*
- 1999 Amy Wenzel, *University of Iowa*
Elizabeth T. Miller, *University of
Washington*
- 2000 Natalie Walders, *Case Western
University*

Virginia Roswell Dissertation

- 2001 Jill T. Levitt, *Boston University*
- 2002 Sudie Back, *University of Georgia*
- 2003 Elizabeth M. Podniesinski,
Boston University
- 2004 James MacKillop, *SUNY Binghamton*
- 2005 Sharon L. Cohan, *San Diego State
University*
- 2006 Michael P. Twohig, *University of
Nevada*

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SIGs Past

Association for Behavioral Social Work, 1986-1992
 Behavior Group Therapy, 1980-1985
 Behavior Therapy in Psychiatric Settings, 1980-1994
 Behavioral Assessment, 1980
 Behavioral Community Psychology, 1982, 1985-87, 1990
 Behavioral Medicine, 1980-1985
 Behavioral Residential Treatment, 1980, 1982, 1987-1989
 Behavioral School Psychology, 1980-1982
 Behavioral Social Work, 1996
 Behaviorism and Existentialism, 1995, 1996
 Behaviorism As a Way of Life, 1980, 1981
 Biofeedback, 1980, 1981
 Black Involvement Group, 1985-1987
 Black Involvement in Behavior Modification, 1980
 Black Special Interest Group, 1981, 1982
 Child Behavior Therapy, 1980, 1981
 Cognitive Behavior Therapy, 1981-1992
 Community Research, 1980, 1981
 Counseling, 1980-1982
 Court Conditioning, 1984
 Cross-Cultural, 1996-2002
 Dissociative Disorders, 1994-2001
 Empirical Group Work Therapy, 1988
 Ethical and Legal Issues, 1982
 Gerontology and Geriatrics, 1980-1984
 Issues for the Black Behavior Therapist, 1989
 Life Skills Training Technology, 1981, 1982
 Managed Care and Behavioral Applications, 1992-1997
 Media and Behavior, 1999, 2000
 Mental Retardation, 1980-1990
 Natural Disasters, 1990
 Neuropsychology, 1982-1987
 Organizational Behavior Management, 1981-1984
 Organizational Behavioral Management Network, 1989-1992
 Personology, 1995-1998
 Phobia and Related Anxiety Disorders, 1990-1999
 Private Practice, 1980-1986
 Self and Self Development, 1992-1999
 Social Work, 1986
 Social Work for the Study of Behavioral Methods, 1985
 Spanish Speaking, 1980-1987
 Theoretical and Philosophical Issues, 1988-1994
 Training Programs in Behavior Modification/Therapy, 1980-1982

SIGs Present

Addictive Behaviors, 1987-present
 African Americans in Behavior Therapy, 1996-present
 Anxiety Disorders, 2000-present
 Asian American Issues in Behavior Therapy and Research, 1995-present
 Autism and Related Developmental Disorders, 1998-present
 Behavior Analysis, 2000-present
 Behavioral Medicine, 2003-present
 Behavior Therapy and Aging, 1986-present
 CBT in School Settings, 2005-present
 Child and Adolescent Anxiety, 2002-present
 Child Maltreatment and Interpersonal Violence, 2002-present
 Child and School-Related Issues, 1992-present
 Computers and High-tech in Behavioral Practice, 1990-present
 Couples Research and Treatment, 1993-present
 Criminal Justice, 2003-present
 Developmental Disabilities, 2001-present
 Disaster and Trauma, 1995-present
 Eye Movement Desensitization and Reprocessing, 1993-present
 Hispanic Issues in Behavior Therapy, 2000-present
 Insomnia and Other Sleep Disorders, 1994-present
 Men's Mental and Physical Health, 2005-present
 Mindfulness and Acceptance, 2003-present
 Native American Issues in Behavior Therapy and Research, 2001-present
 Neurocognitive Therapies/Translational Research (in formation)
 Obesity and Eating Disorders, 1987-present
 Parenting and Families, 2001-present
 Rehabilitation and Neuropsychology, 2002-present
 Schizophrenia and Other Serious Mental Disorders, 1990-present
 Science and Pseudoscience Review, 1999-present
 Spiritual and Religious Issues, 1999-present
 Student, 1998-present
 Study of Lesbian, Gay, Bisexual, and Transgender Issues, 1988-present
 Women's Issues in Behavior Therapy, 1980-present

SIGNificant Contributions

ABCT SIGs Through the Years

Edited by Muniya Choudhury Khanna, *University of Pennsylvania*

Since 1980, ABCT has sponsored a wide range of Special Interest Groups (SIGs) to provide a forum for the exchange and collection of information about specific topics. Over the years, ABCT SIGs have given members with similar professional specialties the opportunity to exchange ideas and keep themselves informed about current and discrete developments in their fields.

There are currently 32 active SIGs, serving both practitioner- and research-based constituencies. Many SIGs sponsor student and research awards, provide opportunities for professional networking, produce newsletters and other publications, and support Web sites and lively e-mail forums for information exchange. The activities of the SIGs, planned by their members and elected officers, provide clear indication of the diverse interests and needs of ABCT members.

Here, some of our current SIG leaders give us a brief overview of the history of their SIG, including notable luminaries, major accomplishments, as well as future goals.

Addictive Behaviors

CURRENT MEMBERSHIP: 105

LEADER: Art Blume, Ph.D.

EMAIL: awblume@uncc.edu

The Addictive Behaviors SIG is proud of its distinguished history and contributions to ABCT over the years. Many of its members have served as leaders of ABCT, including as past presidents. The Addictive Behaviors SIG has its annual business meeting every year at the annual convention. Those meetings include a featured speaker on a topic of interest related to addictive behaviors. The SIG also honors its own with awards, including an early career award for distinguished contributions to the field, an award for the best student poster, and most recently awarded its first lifetime achievement award to William R. Miller. The SIG looks forward with great anticipation to the next 40 years of growth with ABCT.

African Americans in Behavior Therapy

DATE OF INCEPTION: circa 1977

CURRENT MEMBERSHIP: 33+

LEADER: Jaslean J. LaTaillade, Ph.D.;

Ronald C. Fudge, Ph.D. (Emeritus Leader)

EMAIL: jaslean@umd.edu

Ronald C. Fudge, Ph.D., was honored by the African Americans in Behavior Therapy SIG at the 2005 convention for his outstanding contributions over the past 18 years as its president. Such a considerable presidential term is reflective of the devotion our members. Norman Anderson, Toy Caldwell-Colbert, Marilyn Hazzard-Lineberger, and the late Sam Turner were part of a handful of African Americans who started the SIG to provide support for those conducting research and therapy with African Americans. Their legacy is reflected in the continued growth in the number of researchers in ABCT who focus on African Americans and other underserved populations. As we look forward to celebrating our 30th anniversary in 2007, we honor the contributions bestowed on us from the past.

Anxiety Disorders

CURRENT MEMBERSHIP: 100

LEADER: Amie E. Grills-

Taquechel, PhD

WEBSITE: <http://www.aabt-anxiety.org/index.html>

The Anxiety Disorders SIG has been in existence for over a decade and continues to maintain a large (approximately 100+) membership of distinguished professionals, new/midlevel professionals, and students at all levels of their training. We are also very proud that many members of our SIG have served leadership roles in ABCT, as well as other national and international organizations.

Each year members of the SIG present at the ABCT SIG poster exposition and student members compete for two awards given for outstanding presentation. In addition, an Early Career Award winner is selected each year—that individual pre-

sents at the SIG's annual ABCT meeting along with an invited address by a distinguished SIG member. Most recent early career award winners include Meredith Coles, David Tolin, and Adam Radomsky, and past invited speakers include Lars Goran Öst, Michael Otto, and David Barlow. The SIG also publishes a seasonal newsletter as well as an annual book containing abstracts of articles concerning anxiety and related disorders from the previous year. This is all in addition to the numerous contributions made by SIG members to the annual ABCT conference program and ABCT journals.

Asian American Issues in Cognitive Behavioral Therapy and Research

DATE OF INCEPTION: 1994

CURRENT MEMBERSHIP: 64

LEADERS: Takako Suzuki, Amy Nguyen

Portella, Janie J. Hong

WEBSITE: <http://health.groups.yahoo.com/group/AAIIBTSIG/>

The Asian American SIG was found by Dr. Gayle Iwamasa in 1994 with strong support from Dr. Dick Suinn. We became a much larger group due to an increase in the student population, non-Asian CBTers, and an influx of individuals from Japan, Korea, India, and China.

Initially, the SIG's workshops and research examined the manifestation of Asian American symptoms and disorders compared to mainstream Americans, introducing culturally bound syndromes, and CBT as an effective treatment approach for Asian Americans. The theme has been expanding to examine the effect of generational value shifts on Asian American family relationships, as well as interracial relationships. Other aspects are to understand within-group differences among diverse Asian cultures and the complexity of the issues when other cultural layers such as sexual orientation are added. We'd like to put more emphasis on mentoring students and early career psychologists.

Autism

DATE OF INCEPTION: 1985

CURRENT MEMBERSHIP: 27

LEADERS: Jan Handleman, Ed.D.,
and Kate Fiske, M.S.

EMAIL: jansheldon@aol.com

The reported incidence of autism continues to climb, and with it comes the increased likelihood that therapists will encounter a child or adult with autism, regardless of their orientation or focus. The Autism SIG has evolved as a forum through which cognitive and behavior therapists can learn about the disorder and approaches to treatment. The SIG has worked to achieve this mission by welcoming professionals in the field to speak at our annual meetings at ABCT; inviting students and professionals to showcase works in progress at our annual poster session; encouraging student research in autism by awarding an annual Student Research Award; publishing articles, interviews, and research on autism in our newsletter and in *the Behavior Therapist*.

Behavioral Medicine

DATE OF INCEPTION: 2002

CURRENT MEMBERSHIP: 81

LEADER: Trevor A. Hart, Ph.D.

EMAIL: thart@yorku.ca

The Behavioral Medicine SIG has grown dramatically from its formation in 2002. After a period of nearly 30 years of relatively little focus at ABCT on physical health promotion and disease prevention, ABCT now has a SIG for those interested in behavioral medicine, health psychology, and public health. We are proud to announce that since its formation in 2002, programs in behavioral medicine have more than tripled, with most of the increase being programs directly sponsored by the Behavioral Medicine SIG. We are also pleased to note our partnerships with other SIGs and organizations outside of ABCT to advance research and empirically supported practice in behavioral medicine, as well as our annual Best Student Research in Behavioral Medicine Award.

Behavior Therapy and Aging

CURRENT MEMBERSHIP: 30

LEADERS: Kristen Sorocco, Ph.D.,
and Sean Lauderdale, Ph.D.

EMAIL: Kristen-Sorocco@ouhsc.edu

The purpose of the Behavior Therapy and Aging SIG is to promote communication and collaboration among health professionals interested in aging issues, particularly within behavioral and cognitive-behavioral frameworks, across both clinical and research domains. In order to fulfill this purpose, the SIG acts to promote awareness of aging issues within ABCT, increase involvement in the SIG and in ABCT for those who have interests in aging, and be responsive to the needs of the members of the organization and changes in the professional environment. Awareness has been promoted through newsletters, listserves, sponsored presentations, student awards, and mentorship. Future plans include collaboration with other SIGs, development of fact sheets, and a Web blog promoting aging issues from behavioral and cognitive-behavioral frameworks.

[advertisement]:

Obsessive-Compulsive Foundation
of Metropolitan Chicago

Child and Adolescent Anxiety

DATE OF INCEPTION: 2001

CURRENT MEMBERSHIP: 60

LEADER: Brian Chu, Ph.D.

WEBSITE: www.ocs.mq.edu.au/~jhudson/caasig.html

Going into our 6th year, we happily represent 60 members, many of whom are leading scientists and practitioners in our field. We are ecstatic that one of our charter members, Dr. Anne Marie Albano, is the current ABCT President-Elect and look forward to supporting her in every way. The SIG's accomplishments include a collaborative special issue in *Cognitive and Behavioral Practice* (Volume 11, issue 1, "Current Issues and Ideas in Anxiety Disorders in Children and Adolescents"). We have also just submitted a second special issue to *the Behavior Therapist*, focusing on current treatment advances. We maintain a regular newsletter, available online, and with the support of our generous membership, we provide cash awards for annual Student Poster and Student Travel Awards.

Couples Research and Therapy

DATE OF INCEPTION: 1993

CURRENT MEMBERSHIP: 100

LEADERS: Beth Allen, Ph.D.,

and Sarah Whitton, Ph.D.

WEBSITE: www.couplelessig.net

Since inception, our SIG has benefited from empirical developments that have enhanced our understanding of couple relationships, as well as the prevention and treatment of couple distress. Early research highlighted the key role of destructive conflict in marital distress. Accordingly, interventions to improve couples' relationships included communication training, as well as proven behavioral therapy techniques (e.g., behavioral exchange). As basic research suggested the importance of cognitions and attributions, these constructs were integrated into models of couple functioning and couples interventions. SIG members research both "the dark underbelly of relationships," including partner violence and infidelity, and relationship "positives," including commitment, support, forgiveness, sacrifice, and acceptance. Research increasingly targets interfaces between couple functioning and other areas, including psychopathology, physiology,

child outcomes, and physical health.

We honor Neil Jacobson, a founder of our SIG and past president of ABCT, who passed away in 1999.

Developmental Disabilities

DATE OF INCEPTION: 2001

CURRENT MEMBERSHIP: 95

LEADER: Russell J. Kormann, Ph.D.

EMAIL: kormann@rci.rutgers.edu

The Developmental Disabilities (DD) SIG was re-formed in November 2001 and represents a gathering place for professionals that serve society's most vulnerable consumers: persons with developmental disabilities and a mental health concern. These individuals often present challenges quite different from the autism community, and the professionals that serve them deserve a place of their own to "share notes." In 4 short years the SIG has grown to a healthy 95 members and presents a DD-specific keynote address at each annual convention. Judy Favell, Brenda Myles, Ray Romanczyk, and Dennis Russo have been recent speakers, representing the best and brightest of ABCT! We are truly lucky to have them.

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Australian Academic Press

[advertisement]:
Pacific University
Master's Program

Insomnia and Other Sleep Disorders

DATE OF INCEPTION: 1994
CURRENT MEMBERSHIP: 46
LEADER: Colleen E. Carney, Ph.D.
EMAIL: colleen.carney@duke.edu

The Insomnia and Other Sleep Disorders SIG was officially founded by Dick Bootzin and Russell Rosenberg. In the past 10 years, our SIG attendance at the ABCT meeting has doubled. The growth of our SIG has mirrored the tremendous growth of cognitive and behavioral treatment/research in insomnia and other sleep disorders. Behavioral Sleep Medicine is a specialty that has flourished over the past 10 years: a certification examination is now administered by the American Academy of Sleep Medicine, training program sites are increasing with each year, and a journal devoted to publishing quality cognitive and behavioral sleep medicine studies was founded by past Insomnia SIG leader Kenny Lichstein (Behavioral Sleep Medicine). The Insomnia SIG has successfully drawn sleep researchers who would not have otherwise joined ABCT into the organization, encouraging papers, symposia, and workshops, and facilitating communication to promote collaborative research and enhanced clinical practice.

Men's Mental and Physical Health

DATE OF INCEPTION: 2006
CURRENT MEMBERSHIP: 25
LEADER: Michael Addis, Ph.D.
EMAIL: maddis@clarku.edu

The Men's Mental and Physical Health SIG is dedicated to enhancing the quality of mental health research and treatment through an analysis of the ways gender affects the development, expression, and treatment of psychopathology. The SIG strives to enhance communication and collaboration among researchers and practitioners by integrating an understanding of the social construction and social learning of gender into substantive areas of research within ABCT (e.g., psychopathology, treatment, child development). An analysis of men's behavior and experience per se may link the interests of members, but the SIG is in no way restricted to the study of men. The spirit of the SIG is inclusive and open to all members of ABCT with interests in gender issues.

Mindfulness and Acceptance

DATE OF INCEPTION: 2003
CURRENT MEMBERSHIP: 80
LEADER: Holly Orcutt and
David Fresco (Past President)
WEB: www.mindfulnessandacceptance.org

We are a relatively new SIG. This past year we have created a larger governance structure. To date, our largest accomplishment has been creating an electronic directory of training opportunities in mindfulness and acceptance at the level of graduate programs and internships.

Parenting and Families

DATE OF INCEPTION: 1999
CURRENT MEMBERSHIP: 119
LEADER: Andrea M. Chronis, Ph.D.
EMAIL: achronis@psyc.umd.edu

Almost 40 years ago, researchers including Patterson and Hanf first developed parenting interventions for noncompliant and aggressive children based on social learning principles. Today, behavioral parent training holds status as an empirically supported treatment for ADHD, oppositional-defiant disorder, and conduct disorder. The format and application of these principles have been expanded to include videotaped vignettes and modeling, in-vivo practice, and on-line feedback. The effects of parent training have been evaluated not only in academic settings, but also in schools, community mental health centers, and pediatrics offices. Parent training has been modified to meet the needs of diverse populations and children with multiple comorbidities. We are beginning to understand the mechanisms of action and important barriers to positive outcomes. We have come a long way in 40 years! At the same time, there are many exciting directions for future research, particularly in bridging the gap between clinical science and practice. The SIG brings together clinical researchers who are dedicated to examining these important questions.

Rehabilitation and Neuropsychology

DATE OF INCEPTION: 2001
CURRENT MEMBERSHIP: 20
LEADER: Laura E. Dreer, Ph.D.
EMAIL: dreer@uab.edu

In comparison to other established SIGs with lengthy histories, we are still a fairly new and evolving SIG—yet we continue to think BIG! Since our inception in 2001, our goals have grown from devel-

oping a vision and governing structure to collaborating on investigations and other projects with ABCT members to consulting with various practitioners and researchers in and outside of ABCT. As the number of persons living with chronic health conditions is expected to continue to rise over the next decade due to factors associated with a growing aging population and limitations surrounding current medical/surgical procedures, our hope is that this SIG will continue to bring together practitioners and researchers with shared interests in advancing empirically based clinical assessment and treatments.

Specifically, we hope that we will continue to attract individuals who are interested in advancing empirically based research endeavors in the etiology, course, effects, and interventions in the areas of rehabilitation and neuropsychology. Thank you to everyone who has contributed to getting this SIG up and off the ground. We are very grateful! Happy 40th anniversary, ABCT! Looking forward to another exciting 40!

Science and Pseudoscience

DATE OF INCEPTION: 1999

LEADERS: Timothy Stickle, Ph.D.;

Jeffrey M. Lohr, Ph.D. (Past President)

EMAIL: tstickle@uvm.edu

The Science and Pseudoscience SIG promotes the scientific study of psychological problems and their treatment. Our primary emphases are on training in psychological science and application of scientific thinking and rigorous methodology to existing and emerging applications of this science to clinical problems.

The overarching goals of the SIG are to approach and scrutinize all methods with a balance of open-mindedness and the highest standards of evidence. Many approaches may work, but extraordinary claims require equally extraordinary evidence to support them.

The most visible recent efforts of the SIG and SIG members have been a well-received (standing room only!) panel discussion at the 2005 convention titled "How to Teach Students to Think Like Scientists," which featured five SIG members as panelists and was organized and moderated by two student SIG members; an excellent book, *Science and Pseudoscience in Clinical Psychology* (2004), edited by Scott Lilienfeld, Steven Lynn, and Jeffrey Lohr; and the initiation and continued publication of the journal *The Scientific Review of Mental Health Practice*.

Spiritual & Religious Issues

DATE OF INCEPTION: 1985

LEADER: Hank Robb, Ph.D., ABPP

EMAIL: robbhb@pacificu.edu

While serving as the 1984 Program Chair, John Martin saw an opportunity to introduce a symposium on spiritual and religious issues. "Integrating Behavioral and Spiritual Approaches to Behavior Change" generated sufficient audience and interest to establish our SIG. The first meeting was held in 1985. John Martin and William Miller began serving as co-chairs of both the SIG and co-editors of the newsletter. The first newsletter, May 1986, laid out the SIG's goals: (a) integrate spiritual and behavioral approaches to change, (b) encourage personal integration of spiritual and professional pursuits among behavior therapists and students of behavior therapy, (c) encourage research on spiritual aspects of behavior change and on behavior aspects of spirituality, (d) communicate modern behavioral science and behavior therapy to religious and pastoral counseling professionals and groups, and (e) explore spiritual and religious issues in the practice of behavior therapy.

Dozens, if not scores, of books have now been published on these topics, many by members of ABCT. Our SIG looks forward to continued and increasingly productive work in this area.

Study of Gay, Lesbian, Bisexual, and Transgender Issues

DATE OF INCEPTION: 1998

CURRENT MEMBERSHIP: 67

LEADERS: Keith Horvath and

Mary Plummer

WEBSITE: <http://groups.yahoo.com/group/glbt-sig/>

This SIG was rejuvenated to provide support for GLBT research and social networking opportunities for GLBT members and their allies. A highlight of the year has been the SIG dinner at the ABCT convention, during which old friends meet and new friendships are made. The GLBT SIG is proud to sponsor an Outstanding Student Research Award to recognize emerging leaders in their fields. The SIG has been instrumental in creating GLBT-focused fact sheets for clients and practitioners. As GLBT issues are important across many areas, the SIG has cosponsored numerous presentations with other SIGs. We look forward to many more years of research, friendship, and community.

[advertisement]:

Pacific University
PsyD Program

JOURNAL MAD LIBS

Rewriting the Field, One Article at a Time

Jonathan S. Comer, *New York University School of Medicine*

It is often said that a great article is a living, breathing document—its meaning and significance to the field varies and evolves across readership and time. Sigmund Freud's writing on the unconscious, B. F. Skinner's writing on superstitious pigeons, and Hans Eysenck's writing on the utility of psychotherapy have all come to enjoy new meaning and significance as the field uncovers new insights into the human condition. Moreover, Phil Kendall's writing on the importance of manuals in the practice of psychotherapy likely holds very different meaning to a group of Lacanian psychoanalysts than to a group of ardent supporters of manual-based treatment. Indeed, as the postmodernists would surely agree, a journal article's meaning is as tied to the reader's response as it is to the author's original intentions.

Recently, a controversial practice has spread across graduate and postdoctoral training programs in cognitive behavioral therapy—one that has come to aggressively alter the meanings of great journal articles at an alarming rate. In an effort to escape from the emotional pain inherent in student and trainee living, trainees have increasingly engaged in a highly

divisive practice: playing Journal Mad Libs.®

Most of us will recall the game Mad Libs from our youth, and Journal Mad Libs® is in fact quite similar. The rules are simple: find a journal article (preferably a well-respected one), cross out critical words throughout the text, and ask colleagues for words that are of the same parts of speech as those that have been crossed out. The words offered by your colleagues are written above the corresponding crossed-out words. Simple enough, but when the revised article is read back, the results can be dumb, depraved, deplorable, and even dirty (if played right).

In the right-hand column, the abstract from a classic ABCT publication on behavior therapy is reprinted. The abstract is then repeated below, but with key words replaced by blanks. For each blank, the part of speech (e.g., noun, verb, adjective) to be provided by your colleague is indicated. Record your colleague's responses, read the revised abstract back, and decide for yourself whether Journal Mad Libs® could one day threaten your own work:

Original Kazdin (1979) Abstract:

Behavior therapy is extraordinarily diverse in its theoretical approaches, research methods, and therapeutic techniques. The diversity raises problems in generating a uniform definition of behavior therapy that adequately reflects the multifaceted nature of the field and at the same time accurately portrays the many different approaches. The present paper examines the nature of contemporary behavior therapy by presenting many misconceptions about its distinguishing features (fictions), discrepant views, approaches, and theoretical orientations within the field (factions), and some of the important contributions that behavior therapy has made to psychology in general (functions). Elaborating the fictions, factions, and functions of behavior therapy not only conveys the diversity within the field but also the evolution of what behavior therapy is as an area of research and practice.

Reference

Kazdin, A. E. (1979). Fictions, factions, and functions of behavior therapy. *Behavior Therapy*, 10, 629-654.

Kazdin (1979) abstract, with Journal Mad Libs® blanks:

Behavior therapy is extraordinarily _____ [adj] in its theoretical approaches, _____ [adj] methods, and _____ [adj] techniques. The diversity raises problems in generating a _____ [adj] definition of behavior therapy that adequately reflects the _____ [adj] nature of the field and at the same time _____ [adverb] portrays the many different _____ [plural noun]. The present paper examines the nature of _____ [adj] behavior therapy by _____ [verb ending in *ing*] many misconceptions about its distinguishing features (fictions), discrepant views, approaches, and theoretical _____ [plural noun] within the field (factions), and some of the _____ [adj] contributions that behavior therapy has made to psychology in general (functions). Elaborating the fictions, factions, and functions of behavior therapy not only _____ [verb] the diversity within the field but also the evolution of what behavior therapy is as an area of research and practice.

CROSSWORD

Behaviorally Minded

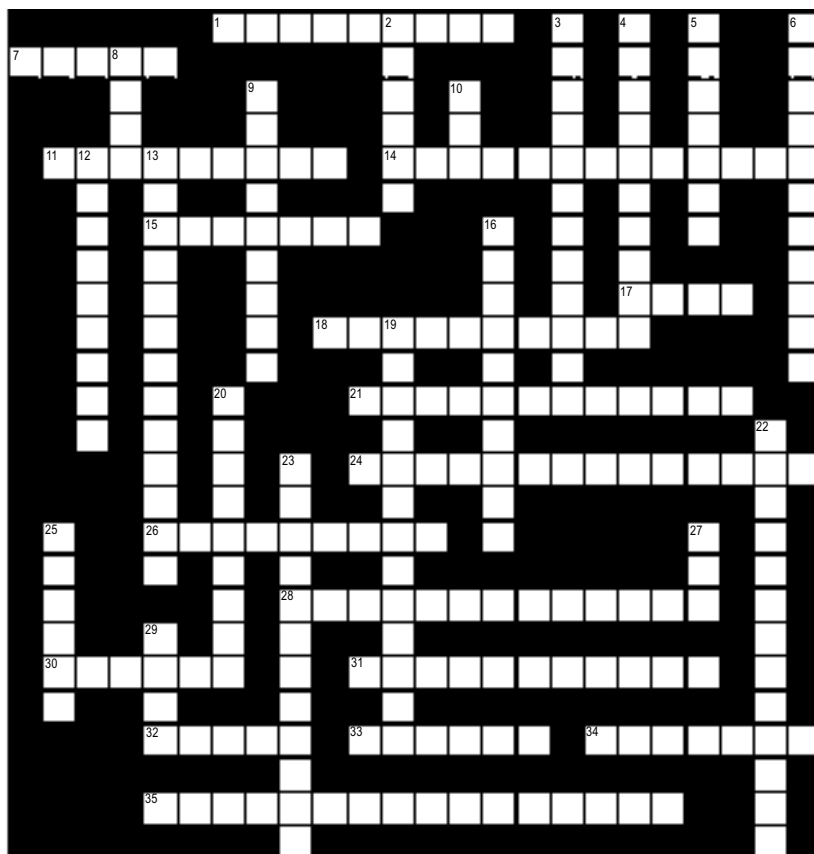
Anne Marie Albano, *Columbia University and NYSPI*

Across

- 1 ACT, for example
- 7 Author of the seminal work *Psychotherapy by Reciprocal Inhibition*
- 11 A freeing or releasing of one's repressed emotions and a word that does not belong in this puzzle
- 14 Form of learning that does not require direct experience
- 15 Acronym for Lazarus's approach to behavioral assessment
- 17 The covered "Diplomate" in Behavior Therapy
- 18 This type of analysis is the cornerstone of behavioral assessment
- 21 Stress _____ training
- 24 According to Beck, the negative view of the self, the world, and the future
- 26 Hospital where Ayllon and Azrin introduced the token economy program to psychiatric inpatients
- 28 An act performed to strengthen approved behavior
- 30 Used along with the word "sensitization," a therapy procedure developed by Cautela
- 31 First editor of *Cognitive and Behavioral Practice*
- 32 An object with redeemable value, that can be traded for a desired reinforcer; a backup reinforcer
- 33 His work with depressed patients contributed to the cognitive revolution and culminated in the founding of The Academy of Cognitive Therapy
- 34 Any response that is not elicited by specific external stimuli but that recurs at a given rate in a particular set of circumstances
- 35 "If you eat your peas, you can have your ice cream"

Down

- 2 United States psychologist considered the founder of behavioristic psychology (1878–1958)
- 3 A type of interviewing or enhancement strategies used effectively in treating substance abuse problems
- 4 Type of beliefs coined by Ellis as underlying psychopathology
- 5 Effective technique used in parenting that involves removal of the child from all reinforcement
- 6 Infamous patient of Mary Cover Jones
- 8 Developed by Eyberg and colleagues, an empirically supported treatment for young, oppositional children
- 9 Among his seminal works are *Verbal Behavior* and *Contingencies of Reinforcement*
- 10 When paired with the CS, results in the CR
- 12 Classic multiple baseline design alternating baseline, treatment, and baseline phases
- 13 Technique used in trichotillomania developed by Azrin and Nunn



- 16 A conditioning process in which the reinforcer is removed and a conditioned response becomes independent of the conditioned stimulus
- 19 According to Lewinsohn, this type of reinforcement will lead to depression
- 20 Widely disseminated treatment manual that helps anxious kids confront and master their fears
- 22 Strength of the connection between a particular environmental stimulus and a specific response
- 23 Another term for operant conditioning
- 25 Thorndike defined this law as the motivation to repeat and quickly learn those reactions which are followed by a satisfying reinforcer, and to not learn those responses which are followed by an annoying consequence
- 27 Acronym for treatment approach developed by Linehan for individuals with borderline personality disorder
- 29 Albert Ellis advanced the cognitive revolution with this treatment approach

ANSWERS TO
THE PUZZLE
APPEAR ON
P. 193

[advertisement]:

Anxiety Disorders Association of America

Find-a-Therapist

The Find-a-Therapist committee has a mission this fall: to further increase membership awareness of the many benefits to the Find-a-Therapist service.

Did you know . . .

- ⊙ Find-a-Therapist is a free service available to all full and new professional members who take referrals?
- ⊙ This service allows members to disseminate their contact information to the public?
- ⊙ For an annual fee of \$50.00, members can include the *Practice Particulars* option and describe their practice in detail, including practice philosophy, areas of specialization, and other relevant information?
- ⊙ The Find-a-Therapist service is easily accessible, prominently located on the home page of the ABCT Web site?

Ensuring that your listing appears in the Find-a-Therapist directory is a wonderful opportunity to market your practice, provide CBT/EST resources to the public, and generate patient referrals. It can also assist you in locating ABCT members outside of your geographical area to aid in networking, patient referrals, and other professional activities.

To be listed in the Find-a-Therapist directory and/or to add on *Practice Particulars* to your listing in the referral directory, select Membership Directory on the ABCT home page, log in, and select Find-a-Therapist Directory and Referral Service “join now.” Once your request is processed, you can log onto the member’s home page at any time to make edits and ensure your information remains current.

Timely Tip

*Make flight, hotel,
and restaurant
reservations for the
ABCT conference
in Chicago.*

NOMINATIONS

Stephanie Felgoise, *Nominations and Elections Chair*

It's that time of year again! Back to school, back to work, and back to the ABCT Convention in November! How will this year be different? Hopefully YOU will consider running for office and will pack your great ideas along in your suitcase! Stop by the membership booth this year and cast your nomination for ABCT governance. With our new name, we'd love to have new ideas, new faces, and new candidates to consider for the upcoming election! Donating your time to the organization pays exponentially in return by connecting you with other professionals, new friends, and a sense of making a difference in the profession! You will represent yourself, but you may also be giving a voice to a specialty within the behavior and cognitive therapies that has not had visible representation for a while. ABCT embraces diversity—let's mix it up!

So how does it work? It's simple. Dedicated members give generously of their time by participating in a very democratic process. The members who receive the most number of nominations appear on the ballot and the membership votes the candidate of choice into office. Our seven-member Board sets policy and makes the decisions that govern our organization. Three is the magic number at ABCT. Each candidate serves 3 years in office either as President (elect, sitting,

and past); Representative-at-Large (serves as a liaison to either Membership; Convention and Education; or Academic and Professional Issues); the Secretary-Treasurer also serves as the Finance Chair. The person who is elected serves an extra year as "elect" to learn all the details to ensure a smooth transition. Traditionally, a strategic planning meeting is held once every 3 years (coordinators attend too) so everyone participates in at least one planning session during their term of office.

How to Get Nominated

Nominate yourself. Nominate your colleagues, but make sure they know about it! This past year we had many accomplished persons nominated, only they hadn't planned to campaign during that year so there were a number of deferrals. To avoid this, inspire your friends and colleagues, honor them, nominate them, but let them know! You can drop your nominations form in the CALL FOR NOMINATIONS box at the membership sign-up booth during the convention; mail it to the ABCT Central Office; or fax it to (212) 647-1865. Sorry, no e-mails. We need original signatures. You can nominate as many people as you want but only once—we do check! All nominees must be full members in good standing.

The Call for Nominations form (below) will also be printed in the Winter and

January issues of *tBT*. We will have it posted on our Web site along with job descriptions for the President-Elect, the Representative-at-Large, and the Secretary-Treasurer positions.

Specifics

The person elected as President-Elect (2007-2008) will serve as President from 2009 to 2010. The person elected as the Representative-at-Large will serve from November 2007 to November 2010 and will serve as the liaison to Academic and Professional Issues. The Board meets once a year the Thursday of the convention and conducts monthly conference calls the other 11 months of the year. The Executive Committee consists of the President, Immediate Past-President, President-Elect, and the Secretary-Treasurer. They hold conference calls on an as-needed basis to ensure the smooth running of the organization. Yes, it is a commitment of time. Candidates are expected to be familiar with the mission statement, bylaws, strategic plan, and current organizational priorities. If you are not quite ready to run for office but would like to get more involved, there are lots of ways. Take a look at our current governance (www.abct.org/Committee/committees.html#board) and contact the coordinators and committee chairs directly. Let ABCT hear your voice—get involved!

NOMINATE the Next Candidates for ABCT Office

I nominate

the following individuals for the positions indicated:

PRESIDENT-ELECT (2007-2008)

REPRESENTATIVE-AT-LARGE (2007-2010)

NAME (printed)

SIGNATURE (required)

2007 Call for Nominations

Every nomination counts! Encourage colleagues to run for office or consider running yourself. Nominate as many full members as you like for each office. The results will be tallied and the names of those individuals who receive the most nominations will appear on the election ballot next April. **Only those nomination forms bearing a signature and postmark on or before February 1, 2007, will be counted.**

Nomination acknowledges an individual's leadership abilities and dedication to behavior therapy and/or cognitive therapy, empirically supported science, and to ABCT. When completing the nomination form, please take into consideration that these individuals will be entrusted to represent the interests of ABCT members in important policy decisions in the coming years. Contact the Nominations and Elections Chair for more information about serving ABCT or to get more information on the positions. **Please complete, sign, and send this nomination form to Stephanie Felgoise, Ph.D., Nominations & Elections Chair, ABCT, 305 Seventh Ave., New York, NY 10001.**

AWARDS & RECOGNITION

Lifetime Achievement

Edward Blanchard, Ph.D., SUNY Albany

Outstanding Educator/Trainer

Marvin Goldfried, Ph.D., Stony Brook University

Outstanding Mentor

Richard G. Heimberg, Ph.D., Temple University

Distinguished Friend to Behavior Therapy

Jack Gorman, M.D., Harvard Medical School–McLean Hospital

6th Annual Virginia Roswell Dissertation

Michael P. Twohig, M.S., University of Nevada

President's New Researcher

Christopher G. Beevers, University of Texas, Austin

Outstanding Service to ABCT

Celebrating our 40th took fiscal acumen and dedication to the details.

We are pleased to recognize all the individuals who have served as Secretary-Treasurer for the association (listed in the order they served):

Dorothy J. Susskind

John D. Henderson

Jeanne S. Phillips

Stephanie B. Stolz

Rosemary O. Nelson-Gray

Michael F. Cataldo

Dennis C. Russo

Richard M. Suinn

Linda C. Sobell

Andrew W. Meyers

Barbara S. McCrady

Ronald S. Drabman

Alan M. Gross

Frank Andrasik



When? FRIDAY, NOVEMBER 17, 2006, 5:00 P.M.

Where? ABCT ANNUAL MEETING AT THE HILTON CHICAGO,
MARQUETTE MEETING ROOM

ABCT AWARDS & RECOGNITION COMMITTEE ~ M. JOANN WRIGHT, PH.D., CHAIR

[advertisement]:
Behavioral Tech, LLC

A HUGE & HEARTY
THANKS & CONGRATS

to my ABCT colleagues

Mary Ellen Brown—30 years
David Teisler—12 years
Tonya Childers—10 years
Stephanie Schwartz—9 years
Teresa Wimmer—6 years
Patience Newman—5 years
Lisa Yarde—1 year
Betsy Locsin—4 months

*Thanks for making
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• *In Memoriam* •

Marlene Raphael (1960–1984)
AABT Administrative Assistant

Elsie Ramos (1958–1995)
AABT Director of Administration/
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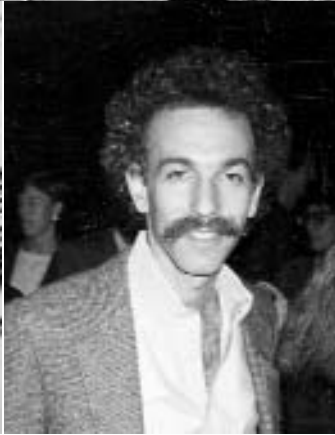
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 Duane Edward Laguire-
 Quinn
 Melissa Ardelle Lewis, Ph.D.
 Karla K. Repper, Ph.D.
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**Have you
 been a
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 of ABCT**

for 5 years?

(or a multiple of 5)?

**If so,
 you get
 a gold
 star**

*Report
 to the
 membership
 booth*

**at the
 Chicago
 meeting**

(November 16–19)

Members Refer 132 Members This Year!

ABCT welcomes its new members and appreciates those members who helped us grow. We will reinforce both with our lottery. Please check the convention program addendum for prize drawing times. You don't need to be there to win but it sure would be nice! Prizes include choice of journal, videotapes, and free membership in 2007! Special recognition goes to JOHN WILLIAMS for recruiting 7 new members.

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Tami J. DeCoteau, Ph.D.	Kelly S. McClure, Ph.D.	Charles O. Tingley, Jr., Ph.D.
Raymond DiGiuseppe, Ph.D.	Daniel W. McNeil, Ph.D.	Michael W. Vasey, Ph.D.
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Randy O. Frost, Ph.D.		Antoinette M. Zeiss, Ph.D.
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2006 Voluntary Contributors

The following members made generous financial contributions to ABCT in 2006.

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Call

for Award Nominations

**This is an OPEN CALL to the ABCT membership to provide
nominations for the following awards, to be presented
at the 2007 convention in Philadelphia.**



On a rotating annual basis, one of the following three types of distinguished contributions by an individual member of ABCT will be recognized at the Annual Convention: research, clinical, or educational/training. For 2007, we seek nominations from ABCT members for outstanding research contributions.

Outstanding Contribution by an Individual for Research Activities

Eligible candidates for this award should be members of ABCT in good standing who have provided significant contributions to the literature advancing our knowledge of behavior therapy. Past recipients of this award include Alan E. Kazdin in 1998, David H. Barlow in 2001, and Terence M. Keane in 2004. Please complete an on-line nomination by visiting www.abct.org, and completing the appropriate application forms. Then, e-mail the completed forms to ABCTAwards@gmail.com. Also, mail a hard copy of your submission to ABCT, Outstanding Researcher, 305 Seventh Ave., New York, NY 10001.

Outstanding Training Program

This award will be given to a training program that has made a significant contribution to training behavior therapists and/or promoting behavior therapy. Training programs can include graduate (doctoral or master's), predoctoral internship, postdoctoral programs, institutes, or continuing education initiatives. Past recipients of this award include Binghamton University Clinical Psychology Program, University of Washington Clinical

Ph.D. Program, the Psychology Internship and Postdoctoral Programs at Wilford Hall Medical Center, and the May Institute. Nominations for outstanding educational/training programs should be accompanied by a summary of information in support of the program, as well as other supporting materials essential for reviewing the program. Please complete an on-line nomination by visiting www.abct.org, and completing the appropriate application forms. Then, email the completed forms to ABCTAwards@gmail.com. Also, mail a hard copy of your submission to ABCT, Outstanding Training Program, 305 Seventh Avenue, NY, NY 10001.

Virginia A. Roswell Student Dissertation Award

This award will be given to a student based on his or her doctoral dissertation proposal. The research should be relevant to behavior therapy. Accompanying this honor will be a \$1,000 award to be used in support of research (e.g., to pay participants, to purchase testing equipment) and/or to facilitate travel to the ABCT convention. Eligible candidates for this award should be student members who have already had their dissertation proposal approved and are investigating an area of direct relevance to behavior therapy, broadly defined. A student's dissertation mentor should complete the nomination. Please complete an on-line nomination by visiting www.abct.org, and completing the appropriate application forms. Then, e-mail the completed forms to ABCTAwards@gmail.com. Also, mail a hard copy of your submission to ABCT, Virginia A. Roswell Dissertation Award, 305 Seventh Ave., New York, NY 10001.

The Awards and Recognition Committee proudly opens the nominations for the following awards to the ABCT membership at large:

Distinguished Friend to Behavior Therapy

Eligible candidates for this award should NOT be members of ABCT, but are individuals who have promoted the mission of cognitive and/or behavioral work outside of our organization. Applications should include a letter of nomination, three letters of support, and a curriculum vitae of the nominee. Past recipients of this award include Jon Kabat-Zinn, Nora Volkow, John Allen, Anne Fletcher, and Jack Gorman. Please complete an on-line nomination by visiting www.abct.org, and completing the appropriate application forms. Then, e-mail the completed forms to ABCTAwards@gmail.com. Also, mail a hard copy of your submission to ABCT, Distinguished Friend to BT Award, 305 Seventh Ave., New York, NY 10001.

Career/Lifetime Achievement

Eligible candidates for this award should be members of ABCT in good standing who have made significant contributions over a number of years to cognitive and/or behavior therapy.

Applications should include a letter of nomination, three letters of support, and a curriculum vitae of the nominee. Past recipients of this award include Albert Ellis, Leonard Ullman, and Leonard Krasner. Please complete an on-line nomination by visiting www.abct.org, and completing the appropriate application forms. Then, e-mail the completed forms to ABCTAwards@gmail.com. Also, mail a hard copy of your submission to ABCT, Career/Lifetime Achievement Award, 305 Seventh Ave., New York, NY 10001.

Nominations for the following award are solicited from members of the ABCT governance:

Outstanding Service to ABCT

Members of the governance, please complete an on-line nomination by visiting www.abct.org and completing the appropriate application forms. Then, e-mail the completed forms to ABCTAwards@gmail.com. Also, mail a hard copy of your submission to ABCT, Outstanding Service to ABCT Award, 305 Seventh Ave., New York, NY 10001.

Nominate on-line at www.abct.org

Deadline FOR ALL NOMINATIONS:
THURSDAY, MARCH 1, 2007

Questions? Contact:

M. Joann Wright, Ph.D., Chair
ABCT Awards & Recognition Committee
e-mail: ABCTAwards@gmail.com

Classifieds

positions available

HUDSON RIVER REGIONAL PSYCHOLOGY INTERNSHIP PROGRAM, NEW YORK STATE OFFICE OF MENTAL HEALTH: offers full-time pre-doctoral internship positions in professional psychology for 2007-2008 in its APA-accredited program. Weekly seminars in a variety of clinical and professional areas supplement extensive supervision. Clinical assignments are to inpatient and community services programs at facilities of the New York State Office of Mental Health: Hudson River Psychiatric Center and Rockland Psychiatric Center. Preference is given to students enrolled in APA-accredited clinical or counseling psychology programs. For further and application materials contact: Paul Margolies, Ph.D., Training Director, Hudson River Regional Psychology Internship Program, Hudson River Psychiatric Center, 10 Ross Circle, Poughkeepsie, NY 12601-1078; email: hrrhpbjm@omh.state.ny.us; phone (845) 483-3310.

UNIVERSITY OF CALIFORNIA, LOS ANGELES. The UCLA Department of Psychology invites applications for a tenured position in Clinical Psychology at the Associate or early

Professor level. Candidates should have a well-established program of original research in child/adolescent clinical psychology focused on prevention and/or intervention. Areas of expertise might include evidence-based treatments, randomized controlled trials, therapy process and outcomes, effectiveness research, treatment dissemination and services research, or prevention science. Teaching duties will include both undergraduate and graduate courses in clinical psychology. Please send a curriculum vitae and statement of research interests, and also arrange for three letters of recommendation to be sent to: Clinical Psychology Search Committee (Job #: 0875-0607-01), UCLA Department of Psychology, Box 951563, Los Angeles, CA 90095-1563. Inquiries can be addressed to the search committee chair, Bruce L. Baker (baker@psych.ucla.edu). Application review will begin on October 16, 2006. UCLA is an Equal-Opportunity/Affirmative-Action Employer; women and minorities are encouraged to apply.

CLINICAL/COUNSELING PSYCHOLOGY. Pending final budgetary approval the Psychology Department at Drake University invites applications for a tenure-track position at the Assistant Professor level beginning August, 2007. A Ph.D. in psychology (APA approved) is

required prior to the starting date. Candidates must be committed to excellence in undergraduate teaching and to advancing an independent research program. Undergraduate teaching assignments are abnormal psychology, introductory psychology, and other courses in the candidate's area of expertise. Other job requirements include directing an undergraduate internship program. Teaching opportunities in interdisciplinary programs such as Honors and the First Year Seminar program are available depending upon interest. Salary is dependent upon qualifications. The department has about 130 undergraduate majors and eight full-time faculty members. Send cover letter with a statement of teaching and research interests, C.V., sample reprints, and three letters of recommendation to Dr. Steven F. Faux, Department of Psychology, Drake University, Des Moines, IA 50311. Departmental information can be found at www.drake.edu. The review of applications will begin on November 27 and continue until position is filled. Drake University is an equal-opportunity employer and actively seeks applicants that reflect the diversity of the nation. No applicant shall be discriminated against on the basis of race, color, national origin, creed, religion, age, disability, sex, gender identity, sexual orientation or veteran status.

Congratulations

to

ABCT

on your 40th Anniversary

and to

Raymond DiGiuseppe

our Director of Professional Education

on his election as

President of ABCT

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Happy 40th Anniversary!

**It's a pleasure to
continue to serve you.**

Mary Jane Eimer, CAE,
Executive Director

Many thanks to Don Baucom,
A wonderful person, scholar, and
clinician, for his support and mentor-
ship. All the best, Beth

Scott and Howie,
You're the GROOVIEST!!! Thanks for
all the support and the many oppor-
tunities.
—Beth, Galena, and Sarah



To my "adopted" mentor, Gayle
Iwamasa, Dave Reitman, and all of
the ABCT staff, thanks for getting me
involved in the organization!
You guys are the best!
—Laura "List Serve" Dreer

Amy Holtzworth-Munroe,
Thank you for the incredible training
and a wonderful friendship.
I will always be grateful.
Gregory Stuart

To Alan M. Gross
and Ronald S. Drabman:
My Mentors and Shining
Examples of Professional Integrity,
Scholarship, and Humanity
—David Reitman

To Phil Kendall,
Our mentor, role model, and friend.
Many thanks,
—Abbe, Aleta, Alicia, Aude,
Brian, Elizabeth, Ellen, Joanna,
Jon, Michael, Muniya,
Sandy, Sasha, & Tony

Thanks to ABCT for fun, exciting pro-
jects; SIGs for keeping the faith; Alan
Gross for making me laugh; and Marty
Antony & Cynthia Crawford for being a
cool couple.
—Teresa Wimmer

Richard B. Stuart,
Thank you for teaching me life's most
important lessons. I love you.
Gregory Stuart

To the best mentors anyone could
possibly ask for, George & Donna
Ronan & Tim Elliott! Thanks for
believing in me!
—Laura Dreer



CONGRATULATIONS
to ABCT on 40 years of
promoting education,
research, and new
treatment methods.

Al Presidente Eletto Anne Marie,
Congratulazioni! Mangiamo!
—Annalise, Jamie, Joanna, Jon,
Muniya, Sandy, & Sharon

Michael R. Petronko, Ph.D., ABPP
To the founder and executive director
of Project: Natural Setting Ther-
apeutic Management, Rutgers
University, sincere gratitude for your
25+ years of dedication to improving
the quality of life for persons with
developmental disabilities and their
families, and for preparing exception-
al professionals to continue in this ser-
vice.

—Russ Korman,
Doreen DiDomenico,
and the NSTM family,
past and present

Timothy O'Farrell,
Thank you for being such an extraor-
dinary mentor and source of support.
I appreciate you always.
Gregory Stuart



PH.D. PROGRAM IN CLINICAL PSYCHOLOGY

THANKS

**The Association for
Behavioral and Cognitive
Therapies
for
40 Years of
Service & Support**

The Center for Anxiety and Related Disorders at Boston University (CARD) announces a transition of leadership from Dr. David H. Barlow, the 13th President of ABCT, to Dr. Michael W. Otto, the 39th President of ABCT, effective September 1, 2007. Dr. Otto, after 14 years at Massachusetts General Hospital and Harvard Medical School, joined the faculty at Boston University as a Professor in 2004 in preparation for this transition.



Dr. Barlow established CARD in 1981 as a clinical research program at SUNY-Albany. CARD was moved to the Department of Psychology at Boston University in 1996, and thrives with over 50 full-time faculty and staff including 18 doctoral students in clinical psychology supported on CARD projects. Former students and post-doctoral fellows closely associated with ABCT and its publications over the years include: Anne Marie Albano, Marty Antony, Gayle Beck, Tim Brown, Michelle Craske, Stefan Hofmann, and Bill Sanderson, among many others.

Currently, CARD is one of the largest clinical research units in the world devoted to anxiety and related disorders, with over 500 new patients a year, 20 funded projects, and a budget of over \$4 million per year. Programs include

specialty research in nosology, translational research, eating disorders, comorbid anxiety and substance use disorders; and intervention studies in adults, adolescents and children with the full range of anxiety and mood disorders.

CARD is part of SAMHSA's National Child Traumatic Stress Network, and also offers training programs for clinical psychology doctoral students, psychiatric residents, and other mental health professionals.

Although Dr. Barlow will be stepping down from CARD leadership, contrary to rumor, he will not be retiring. He will continue to devote his effort to elucidating the nature of anxiety and emotional disorders and their treatment, including the development of a new unified protocol for the emotional disorders.

For more information on the Center for Anxiety and Related Disorders and its services, please see our web site at: www.bu.edu/anxiety

THE INSTITUTE FOR BEHAVIOR THERAPY

NEW YORK, NEW YORK

Celebrated Its 35th Anniversary on August 11, 2006

* * * * *

Steven Fishman and Barry Lubetkin, Founders,
are grateful to our Interns, Fellows, Staff, and
Colleagues ... *many of whom have gone on to their own
distinguished careers in Cognitive-Behavioral Psychology ...*
who, over those many years, have been instrumental
in making our own careers truly fun and most
professionally rewarding.

This announcement, however, is by no means intended to be our retirement notice.
We hope to go another 35 years ... well, maybe 15.



Virginia Tech's Faculty, Graduates, and Students
Wish AABT/ABCT a Happy 40th Anniversary
and Thank the Organization for Its Support
of Our Program Over the Years!

The Clinical Psychology Program at Virginia Tech is:

- *A Social Cognitive Theory Program with Adult, Child, and Health Specializations
- *Accredited by the American Psychological Association
- *A Member of the Academy for Psychological Clinical Science Programs
- *Ranked 7th in the USA and Canada for Faculty Research Productivity
- *Proud of all its Graduates with over 80% in the last 7 years on research career paths.

STUDENTS AND FACULTY CAN LEARN MORE ABOUT OUR PROGRAM BY GOING TO

www.psyc.vt.edu

The clinical faculty members and their interests are:

- Dr. Danny Axson—Social Psychology, Trauma, Social Influences
- Dr. George Clum—Anxiety Disorders, Suicide, Self-Help Interventions
- Dr. Lee Cooper—Clinical Supervision, Family Therapy, Treatment of Adolescents
- Dr. Jack Finney—Psychosocial Determinants of Pediatric Health Care Use
- Dr. Scott Geller—Health and Safety, Applied Behavior Analysis
- Dr. David Harrison—Clinical Neuropsychology, Emotions and Cardiovascular Health
- Dr. Russell Jones—Childhood Trauma, Risk and Resilience in Children
- Dr. Thomas Ollendick—Childhood Anxiety, ADHD, and Conduct Problems
- Dr. Angela Scarpa—Violence and Victimization, Autism Spectrum Disorder
- Dr. Robert Stephens—Substance Use and Dependence, Motivational Interviewing
- Dr. Richard Winett—Health Behaviors and Public Health

ABCT Congratulates AARON T. BECK, M.D.

For the development of cognitive therapy, which has transformed the understanding and treatment of many psychiatric conditions, including depression, suicidal behavior, generalized anxiety, panic attacks, and eating disorders.

Recipient of the 2006 **ALBERT
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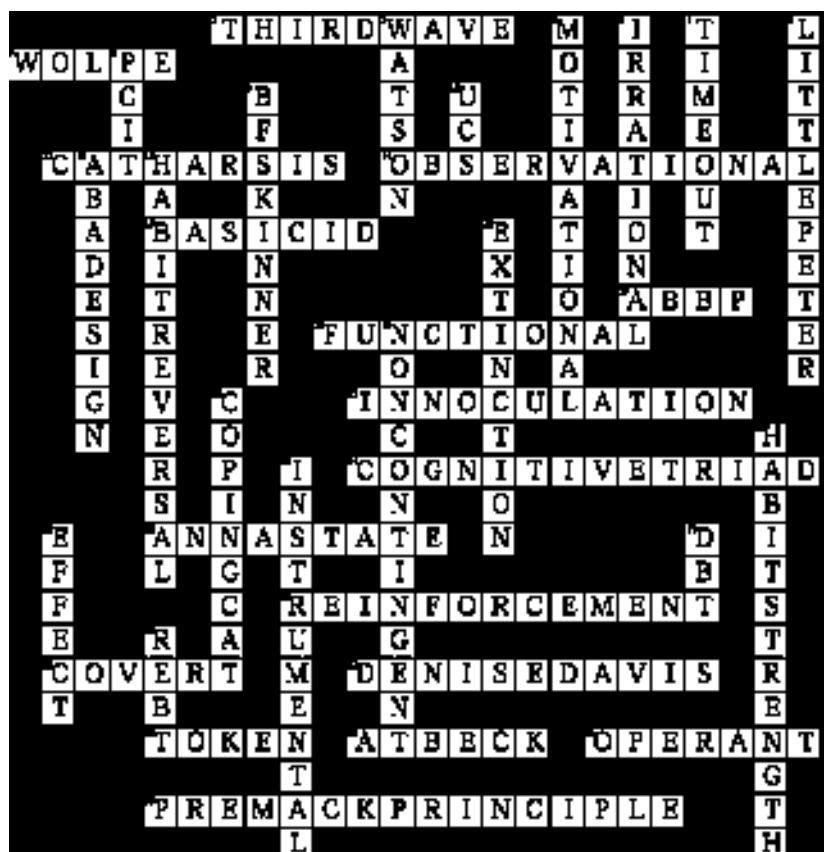
**To Laura Dreer,
Chair of the
List-Serve
Committee:**

For finding ways
to turn brick walls
into paving stones.
Thanks for all your
help in making the
list-serve work.

—David and Lisa
and the rest of
the staff



ANSWERS TO THE
CROSSWORD ON P. 175



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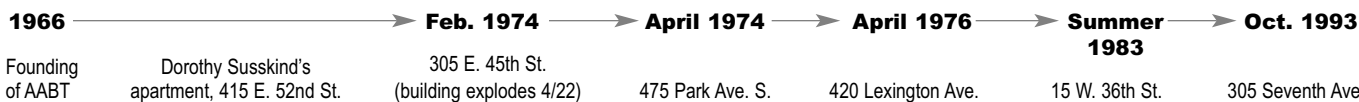
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