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the Behavior Therapist

special issue

The Past Presidents of AABT

Introduction

Richard Suinn, *Colorado State University*

George Ronan, *Central Michigan University*



The Association for Advancement of Behavior Therapy was founded by visionaries in 1966 to serve as the foremost organization representing behavior therapy. AABT has remained unique in attracting to its leadership persons whose writings might well form a Who's Who of cognitive-behavior therapy. Because their scholarship has had a major influence on the conceptualization and treatment of clinical problems, many of AABT's past presidents are widely known by professionals outside of behavior therapy.

But aside from close colleagues, family, or friends—or their debtors, as former president Alan Kazdin might humorously add—few professionals or students are familiar with these leaders' individual characteristics. About a year ago, it seemed a worthwhile venture to obtain more personal information about these individuals, to solicit their advice for graduate students and new professionals, and to just see what is consuming their lives these days. A survey was conducted and this issue of *tBT* offers you the inside view. We hope you enjoy reading it.



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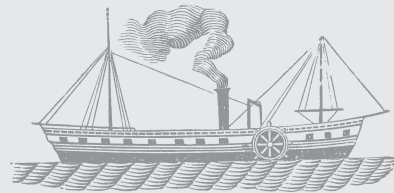
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the Editor or any of the Associate Editors for guidance prior to submitting series, special issues, or other unique formats. All submissions should be in triplicate and formatted according to the *Publication Manual of the American Psychological Association, 5th edition*. Prior to publication, authors will be asked to provide a 3.5" diskette containing a file copy of the final version of their manuscript. Authors submitting materials to *the Behavior Therapist* do so with the understanding that the copyright of published materials shall be assigned exclusively to the Association for Advancement of Behavior Therapy. **Please submit materials** to the attention of the Editor: George F. Ronan, Ph.D., Department of Psychology, Central Michigan University, Mount Pleasant, MI 48859.

The Past Presidents of AABT

Cyril Franks

First and Cofounding AABT President: 1966–1967

BRIEF WORK HISTORY: Born and raised in Wales, I received a bachelor's degree in applied physics and electronics in 1943. Following a radical career change while retaining a quantifiable orientation, I embarked on extensive training in psychology and a clinical internship that led to a Ph.D. in 1954 from the University of London Institute of Psychiatry under the direction of H. J. Eysenck. I eventually became a tenured faculty member of Eysenck's department of psychology. In 1957, I moved to the United States, where the bulk of my professional career was at Rutgers University, retiring as Distinguished Professor of Psychology in 1991.

What influenced your involvement in behavior therapy? Trained as a scientist in the United Kingdom, as a beginning psychologist I became increasingly discontent with the prevailing, pseudoscientific Freudian-based psychotherapy. At that time there was no alternative. Despite massive resistance from the mental health community, with Eysenck and others we eventually created a potentially viable data-based learning theory alternative, independently named "behavior therapy" by Eysenck, Lazarus, and Wolpe.

After moving to the United States, I found American mental health professionals to be as discontent as those in England, and eventually found a small group of kindred spirits with whom I formed the Association for Advancement of Behavior Therapy (AABT). My colleagues readily accepted my suggested name for our new organization, based on my long involvement with the British Association for Advancement of Science. At first, some incorrectly thought that the name AABT referred to some form of personal advancement, but it soon became clear that the name was intended to reflect professional and scholarly advancement of knowledge and therapy skills.

What circumstances led you to run for AABT office? In 1966 the AABT had fewer than 60 active members; I was the only member willing to take on the task of serving as first President, largely creating my own assignments: Newsletter Editor, Program Chair, Regional Meetings Organizer, occasional speaker at such meetings, publicity, dues collector, and much more. I was also instrumental in founding our first journal, *Behavior Therapy*, and serving as founding Editor for the next 9 years. By the end of my year-long presidency, the AABT had more than 300 dues-paying

members, including some nonbehavioral clinicians. Therapists began to acknowledge the existence of a new paradigm.

What is your most memorable experience as president?

When planning to launch our flagship journal, *Behavior Therapy*, Wolpe did not attend our journal-launching committee meeting with the excuse that he was "lost on the subway." At this same time—for reasons which one may speculate—Wolpe was meeting with Pergamon Press to inaugurate his rival journal, which is still going strong!

What are your other interests in life? My interests, of necessity much restricted these days, include travel, theatre, movies, walking, reading, and professional writing and speaking. I have thoroughly enjoyed lecturing throughout the world and serving as a keynote speaker in the U.S., Europe, Australia, and elsewhere. Above all, I cherish being with my wife, Violet—herself a published feminist behavior therapist—our two children, and five grandchildren.

What advice do you have for graduate students or new professionals?

The response to this question depends upon your value system, your goals, and your needs. If money, status, and power are primary, become a businessman, CEO, accountant, banker, or financial advisor. Becoming a psychiatrist may meet many of your needs—although, these days, this may be less so.

But if your goals are to help people and use your training in psychology and the art—yes, in part, an art—and the science of data-based clinical psychology, become a behavior therapist. Above all, do not wander too far from the formal training you received as a behavioral scientist.

A Final Note: With the dubious advantages of hindsight, I now believe that our initial focus exclusively on behavior, as the name AABT suggest, is far too narrow, ignoring conditioning, cognition, affect, and the like. But setting the clock back or forward presents hazards of its own.

Joseph Wolpe (1915–1997)

AABT President from 1967–1968

Arnold A. Lazarus

AABT President from 1968–1969

BRIEF WORK HISTORY: 1959-1963: Private practice, Johannesburg, South Africa; 1963-1964: Visiting Assistant Professor, Department of Psychology, Stanford University, Stanford, California; 1964-1966: Private practice, Johannesburg, South Africa, and part-time lecturer at the medical school; 1966-1967: Director, Behavior Therapy Institute, Sausalito, California; 1967-1970: Professor of Psychology, Temple University Medical School, Philadelphia, Pennsylvania; 1970-1972: Visiting Professor and Director of Clinical Training, Yale University, New Haven, Connecticut; 1972-1998: Distinguished Professor of Psychology, Rutgers University, New Brunswick, New Jersey; 1998 to date: President, Center for Multimodal Psychological Services, Princeton, New Jersey.

What influenced your involvement in behavior therapy? Circa 1956 when I was in the psychology graduate program at the University of the Witwatersrand (Johannesburg, South Africa), some faculty members were interested in the use of “conditioning methods” in clinical settings. They invited Wolpe to give some talks and to demonstrate some techniques on clients behind a one-way mirror. I knew a severely panic-stricken, agoraphobic woman who had not responded to several courses of therapy and a prefrontal lobotomy was being considered. I persuaded her to consult Wolpe and I ended up serving as a paraprofessional who escorted her during in vivo desensitization excursions. After several months, she was markedly improved. I then joined a study group that met at Wolpe’s house in Johannesburg once a week. These were the seeds that led to the growth of my interest in what I came to term “behavior therapy.” I published an article in the *South African Medical Journal* in 1958 in which I coined and argued in favor of the terms “behavior therapy” and “behavior therapist” (despite the fact that Wolpe and the other members of the group preferred the term “conditioning therapy”).

What circumstances led you to run for AABT office? Andrew Salter and Cyril Franks encouraged me to toss my hat in the ring.

What is your most memorable experience as president? My most memorable experience was how I was elected, despite Herculean efforts by Joseph Wolpe to persuade the members to vote for Leonard Ullmann, not for me. At the time, Wolpe and I were at loggerheads, mainly because I was urging that we broaden our behavioral base and add cognitive processes to the basic behavioral repertoire. Wolpe regarded this as a regressive return to “mentalism,” and he sent a letter to each member of AABT urging them to vote for Ullmann. We will never know if I won the election because of, or in spite of, Wolpe’s efforts. During my tenure as President, my two main foci were to broaden the base of behavior therapy and to recruit more members.

What are your other interests in life? Since retiring from academia in 1998, I have devoted some time to catching up on topics and events that I previously had little time to pursue. Thus, I have been studying American history, reading biographies and nov-

els, and listening to fascinating speakers on a variety of subjects from time to time who visit Princeton University. I enjoy Broadway musicals, and am especially fond of virtuoso piano recitals—both classical and jazz. I try to walk at least 2 to 3 miles a day and enjoy going to movies in the afternoons, when the cinemas are not crowded. Almost every Saturday I meet with friends and colleagues in New York and have lunch during which we discuss interesting and stimulating topics. I spend more time than I should on e-mail, sharing ongoing issues with relatives and friends in many different countries. I have cut down the size of my private practice but continue to see a few challenging clients and have a monthly postdoctoral group at my home to discuss assessment and therapy. I have been doing a lot of writing (mainly by invitation) and I am trying to promote my latest book, *Dual Relationships and Psychotherapy* (co-edited with Ofer Zur, Ph.D.) and have been giving talks to various groups. I am addicted to several TV shows and spend more time than I should watching the boob tube. But with all the foregoing activities, I am never bored.

What advice do you have for graduate students or new professionals? Don’t go into some narrow specialty. Try to maintain a broad spectrum of techniques (empirically supported whenever possible) and make sure that you have a source of obtaining new information—be it by reading, attending workshops, meeting with colleagues, and going to conferences that speak to your main interests.

♦♦♦♦

Leonard Ullmann

AABT President from 1969–1970

BRIEF WORK HISTORY: VA trainee-coordinator, Psychiatric Evaluation Project, VA Palo Alto; taught nights at San Jose State University. Professor at University of Illinois, Hawaii, Houston.

What influenced your involvement in behavior therapy? To change, a person needs to be extinguished of his/her received traditions. Psychoanalysis and trait theory were what we were taught. They did not work and had little use for clinical or research work. We had many dependent variables, tests of traits, but no strong or varied independent variables. When I was successful, I did not know why I had succeeded, and this meant I could just as well have done harm. Application of verbal operant conditioning led to rapid changes that showed up on dependent measures.

I then looked for other evidence in the literature and found the material in *Case Studies in Behavior Modification* and research background in *Research in Behavior Modification*. Desire to devise effective treatment procedures that were empirically validated led Len Krasner and me to find that we were far from alone, and everything else followed.

What circumstances led you to run for AABT office? The behavioral approach was an educational rather than a medical model. It was very different from the trait model. It permitted use of anthropology and sociology data. It permitted inclusion of data from all behavioral science, e.g., economics, and made interventions

a social rather than a medical decision. It brought responsibility for his/her acts to both therapist and client. The therapy/professional was as much an object of study as the recipient of the intervention.

But this was all new, and pioneers are individualistic. There was a real danger that the very diversity of the people who were early behavior therapists would not rally around the more fundamental values they shared. Joe Wolpe urged me to let my name be presented. I saw task as being the instrument to keep people together through AABT's youth. Later people and events led to the smooth, mature organization we have today.

What is your most memorable experience as president? Memories of exciting, wonderful people: Joe Wolpe, Hobart Mowrer, Cyril Franks, Arnold Lazarus, among many others. I can't select one.

What are your other interests in life? On my 30th birthday, I had two children, two cars, two jobs, etc. I was locked in. I did the only things I could to change: I grew a beard and took up painting. I still have both. [Editor's note: Dr. Ullmann recently had a major exhibit of his paintings.]

What advice do you have for graduate students or new professionals? Be as broad as you can. Read philosophy and all other social/behavioral science and lighten with poetry and painting. Try to see yourself and what you do in a context broader than the specific task at hand and immediate payoffs. Be a professional, yes; but above all, be a person.

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John Paul Brady

AABT President from 1970–1971

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Gerald R. Patterson

AABT President from 1971–1972

BRIEF WORK HISTORY: While completing my Ph.D. from the University of Minnesota, I worked on the inpatient ward in the Child Psychiatric Services in Omaha. I accepted an academic position in the Department of Psychology at the University of Oregon and served as Director of Clinical Training. I resigned from the department in 1967 to join the Oregon Research Institute as a freelance researcher. The Institute was eventually closed down, and a small group of us went on to start the Oregon Social Learning Center. The focus was, and still is, on developing a theory of aggression and an effective intervention for aggressive children and their families.

What influenced your involvement in behavior therapy? I was trained as a child clinical psychologist. None of the assessment or treatment techniques that I was trained to use were effective in coping with aggressive children. We turned to behav-

ioral psychology in the hopes that it would be more effective.

What circumstances led you to run for AABT office? I did not run for office. There were so few of us that it was more or less my turn to be President. Being a member of the organization was a marvelous way of keeping track of the new ideas that were emerging. The people doing the most interesting work all belonged to AABT, so going to a meeting meant an immediate update on what was new and exciting.

What is your most memorable experience as president? As I remember it, the only major accomplishment during my tenure in office was the decision to cut ourselves away from the annual APA conference and have our own separate annual meeting.

What are your other interests in life? Our close friends and family are heavily invested in wilderness cruising by canoe. This involves month-long trips retracing the voyageur fur trading routes from Lake Athabasca to Hudson's Bay and then later criss-crossing the tundra into the Arctic Ocean in the Northwest Territories. In between, there is backpacking, downhill skiing, and fly fishing for steelhead.

What advice do you have for graduate students or new professionals? Spend a regular time each day devoted to the task of learning what is new in psychology.

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Joseph Cautela (1927–1999)

AABT President from 1972–1973

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Gerald C. Davison

AABT President from 1973–1974

BRIEF WORK HISTORY: 1966–1979: Assistant to Full Professor of Psychology, SUNY at Stony Brook; Director of Postdoctoral Program in Behavior Therapy (1968–1974), Director of Clinical Training (1977–1979). 1979–present: Professor of Psychology, University of Southern California; Director of Clinical Training (1979–1984), Department Chair (1984–1990). Interim Dean, Annenberg School for Communication, 1994–1996. Department Chair, 2001–present.

What influenced your involvement in behavior therapy? Course work with Albert Bandura, Arnold Lazarus, Walter Mischel, and Perry London during graduate school at Stanford (1962–1965). Of particular importance were a 1-year “clinical apprenticeship” with Lazarus during his visiting year at Stanford, 1963 to 1964, and doing my dissertation with Bandura.

What circumstances led you to run for AABT office? Andy Salter phoned and told me I had been nominated. I asked him if one had to be a member to run for President. He scolded me and

told me to join the organization already. So I did.

What is your most memorable experience as president?

My presidential address, in which I advocated against the use of sexual conversion programs for gays and lesbians. This proposal, judged by most people at the time as reckless and worse, is now the policy of both APAs.

What are your other interests in life? Spending time with my wife, and USC colleague, Kathleen Chambers; staying in contact with my two grown children, Eve and Asher Davison; reading the occasional novel; all kinds of music except rap; aggravating myself about current world affairs; walking our dog, Ragamuffin; using our George Foreman grill to make salmon to die for and our Ronco Showtime rotisserie to do chicken; and fighting gravity with various tortuous exercise regimens.

What advice do you have for graduate students or new professionals? Take delight in the science-practice dialectic and eat plenty of fiber.



Richard B. Stuart

AABT President from 1974–1975

BRIEF WORK HISTORY: *Academic*— 1963-1965: Assistant Professor, Rutgers; 1965-1974: Assistant to Full Professor, University of Michigan; 1977-1987: Professor, University of Utah; 1987-present: Professor to Professor Emeritus, Department of Psychiatry, University of Washington; 1993-present: Regional Faculty and Program Director, Respecialization in Clinical Psychology, Fielding Graduate Institute. *Business*— 1965 to present: President, Behavior Change Systems; 1970-1983: Psychological Director, Weight Watchers International and President, One-To-One Weight Management Clinics (subsidiary of Weight Watchers International); 1982-present: President, Comet Technologies.

What influenced your involvement in behavior therapy? As was true for almost everyone in the field at the time, I was trained in psychoanalytic therapy as a graduate student in New York. When I arrived in Ann Arbor, I found in my mailbox review copies of the two early stellar readers edited by Ullman and Krasner. They described well-operationalized intervention methods with measurable outcomes that were far superior to the models I learned as an analyst. (Books really can have a major impact!) While I was disdainful of what I had learned were treatments that merely substituted new symptoms for old, I felt an ethical obligation to try the new methods with a fraction of my patients. After 2 years, my behaviorally treated patients far outperformed my analytic sample, so the die was cast. I was very fortunate to be working with colleagues like Jim McConnell, Eileen Gambrell, and Sheldon Rose and to have as consultants on my research grants people of the quality of Montrose Wolf, Gerald Patterson, and Todd Risley, all of whom helped me learn more and consolidate my transition to behavior therapy.

What circumstances led you to run for AABT office? I was fortunate to enter the scene at a very exciting time during which behavior therapy was enjoying increasing, albeit reluctant, recognition as a viable intervention alternative.

My first experience with AABT was to serve as an Assistant (to Bob Lieberman) Program Chair, then as Program Chair. Together Bob and I were able to convert our conventions from money-losing to money-making events. The money could then be used to aggressively expand the activities of AABT: I became a board member for several years and then President to help conceptualize and direct those efforts. Board meetings were never dull as we struggled to define behavior therapy and our roles in its development. At the time, AABT was still a relatively small organization, so small groups of individuals could have large impacts.

What is your most memorable experience as president?

It wasn't a single event, but a process that I remember most. Jerry Davison, Todd Risley, and I collaborated on helping AABT develop a full-time staff, take over publication of *Behavior Therapy*, develop a code of ethics, and in general become a full-functioning organization that could facilitate the development of behavior therapy and popularize its achievements.

What are your other interests in life? Enjoying the achievements of my sons, one of whom (Greg) is an active member of AABT. Studying and finally being on the point of writing about my understanding of psychological factors that differentiated between those who did and did not perpetrate atrocities during World War II, and those who did and did not survive these inhumanities.

And social activism, as a small effort to repay some of the benefits I have enjoyed during what may come to be regarded as the Golden Age of America.

What advice do you have for graduate students or new professionals? As soon as you are sure that you know something, challenge that belief because at best it is only part of the answer to the questions that you are asking. Remember that you may be "right" at the same time that others who hold views contradictory to yours may also lay claim to "rightness." And finally, rely on a blend of logic and experimentation to resolve the uncertainties that underpin every advance in knowledge.



Nathan H. Azrin

AABT President from 1975–1976

BRIEF WORK HISTORY: Anna State Hospital, 1958-1980. Nova Southeastern University, 1980-present.

What influenced your involvement in behavior therapy? Desire to devise effective treatment procedures that were empirically validated.

What circumstances led you to run for AABT office?

Others nominated me without my knowledge. I believe that I was not a member at the time!

What is your most memorable experience as president?

Helping to arrange poster sessions new to psychology conventions.

What advice do you have for graduate students or new professionals? Devise and use only validated treatments and promote use of psychological/behavior treatments.

|||||

Todd Risley

AABT President from 1976–1977

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Alan E. Kazdin

AABT President from 1977–1978

BRIEF WORK HISTORY: Assistant Professor to Professor of Psychology, Department of Psychology, Pennsylvania State University, 1971-1980; Professor of Child Psychiatry, Department of Psychiatry, University of Pittsburgh School of Medicine, 1980-1989; Professor of Psychology, Department of Psychology, Yale University, 1989-present (Department Chair, 1997-2000; John M. Musser Professor of Psychology, 2000-present); Professor and Director, Child Study Center, Yale University School of Medicine, 2002-present.

What influenced your involvement in behavior therapy? As a graduate student, I had a vision of a new therapy I called (but only to myself) “Ear Movement Desensitization.” My advisors said that I should first study behavior therapy before inventing new treatments, so I did. My graduate program (Northwestern University) was moving in the direction of behavioral treatments. Ongoing experiences as a research assistant and cotherapist while a graduate student were important influences in guiding this focus. Perhaps the single most influential experience was an internship/job I had while a graduate student. I worked at a day treatment facility for children, adolescents, and adults with emotional, social, and behavioral problems and mental retardation. Without any special training, I was asked to develop behavioral programs that would have palpable impact on the clients. I was allowed several months to learn, to develop programs on a small scale, and to evaluate their impact. This led to work in applied behavior analysis, with interventions such as the token economy and parent training, and interest in novel research methods (single-case research designs), areas that continue to be important in my current work.

What circumstances led you to run for AABT office? I had been actively involved in AABT in various roles on the board, and the presidency emerged from that. As importantly, an uncontrollable echo in my mind’s ear of my mother saying “Come on al-

ready, do something with your life!” was a significant influence.

What is your most memorable experience as president?

The most memorable experience was the election itself and actually becoming President. On the third recount of the ballots, I won. Actually, recounting the ballots at that point was not the difference. It was really late at night and the other candidate just wanted it to be over so he withdrew his name and went up to his room to go to sleep.

What are your other interests in life? On the weekends I am a caddy at a local miniature golf course.

What advice do you have for graduate students or new professionals? Find your heart as early as possible and pursue it.

Begin your research, teaching, clinical work, consultation, and other professional activities (e.g., editing, writing) in the proportions that excite you and find a setting that allows that. Also, it is critical (to me) to be in contact with fascinating colleagues and students who are constantly provoking thought about the questions to ask and novel ways in which they might be answered.

|||||

David H. Barlow

AABT President from 1978–1979

BRIEF WORK HISTORY: Professor of Psychiatry at the University of Mississippi Medical Center, 1969-75; Professor of Psychiatry and Psychology at Brown University 1975-79 and founding Director of Clinical Psychology Internships in both settings. Professor, and Distinguished Professor in the Department of Psychology at SUNY at Albany, 1979-96. Currently, Professor of Psychology, Research Professor of Psychiatry, Director of Clinical Training Programs, and Director of the Center for Anxiety and Related Disorders at Boston University.

What influenced your involvement in behavior therapy? In 1963, I had the good fortune as an undergraduate to take a summer course in experimental psychology from Joseph Cautela, who persuaded me that the application of basic principles of psychology, including principles of learning to psychopathology, and the slow but inexorable process of science was the only way to truly advance the field.

What circumstances led you to run for AABT office? AABT was my “home” organization and in the 1970s was clearly where all the action and excitement were. Beginning as Program Chair in 1974, I served on the board continually until the mid-1980s. It was an honor to become President.

What is your most memorable experience as president? Presiding over the transition of Executive Directors from Betsy Kovacs to a very young, but obviously bright and competent, Mary Jane Eimer. And: working with the local police force in Chicago at the annual meeting in the early 1970s to deal with threats from radical groups to some of our presenters, particularly Israel Goldiamond.

What are your other interests in life? I have always been a sport fanatic. I play golf in the summer, ski in the winter, avidly follow Notre Dame football (my alma mater) and Boston University ice hockey, and walk the beaches of Nantucket, whenever I can.

What advice do you have for graduate students or new professionals? Become dedicated to the twin passions of relieving suffering and enhancing functioning, and rolling back the frontiers of knowledge to achieve this goal. Network with good mentors and peers in the field.



Michel Hersen

AABT President from 1980–1981

BRIEF WORK HISTORY: 1. Postdoctoral Fellow (West Haven VA: Yale University Medical School Program), 1965-1996. 2. Private Practice: Fairfield, Connecticut, 1966-1969. 3. Director of Internship Training: Fairfield Hills State Hospital, Newtown, Connecticut, 1969-1970. 4. Associate Director Internship Training, Associate Professor and Professor, Chief of Psychology (VA Medical Center and Department of Psychiatry and Human Behavior), University of Mississippi Medical Center, Jackson, Mississippi), 1970-1974. 5. Professor of Psychiatry, Director of Internship Training, Director of Resocialization Treatment Center, Director, Postdoctoral Training in Clinical Research (Adult and Child): Western Psychiatric Institute and Clinic, Psychiatry Department, University of Pittsburgh School of Medicine, Pittsburgh, Pennsylvania, 1974-1992. 6. Professor and Director, Nova Community Clinic for Older Adults, 1992-1997; Interim Dean, 1997, Nova Southeastern University, Davie, Florida, 1992-1997. 7. Professor and Dean, School of Professional Psychology, Pacific University, Forest Grove, Oregon, 1998-present.

Editor of *Clinical Psychology Review*, *Behavior Modification*, *Journal of Family Violence*, *Aggression and Violent Behavior: A Review Journal*, *Journal of Developmental and Physical Disabilities*, *Journal of Anxiety Disorders*, and, most recently, *Clinical Case Studies*. Over 140 edited books.

What influenced your involvement in behavior therapy? When in private practice I had the opportunity to treat several school-phobic children, and I found that a comprehensive approach that included careful attention both at home and school proved to yield a very successful outcome. When I joined Stewart Agras, Dave Barlow, and other colleagues at the University of Mississippi Medical Center in 1970, I had further opportunities to test experimental treatments in single-case fashion. This latter experience cemented my interest in behavior therapy and convinced me empirically of its considerable value as a therapeutic strategy.

What circumstances led you to run for AABT office? When I ran for the presidency in 1979 I already had been involved with the organization for several years and felt that I could make a contribution.

What is your most memorable experience as president?

Undoubtedly the most memorable experience as President was to address those in attendance at the meeting in New York City and to share my thoughts as to where the field had gone at that point and where it was headed. The presidential address provided the forum for me to clearly articulate my thoughts about the parameters of our craft.

What are your other interests in life? My wife and I are avid collectors of Hudson River School paintings (1825-1885) and have loaned our collection on numerous occasions to museums, eventuating in several catalogues of the works. Also, being a trained violinist, we enjoy going to classical music concerts. In addition, I am an amateur astronomer. Finally, living in visually splendid Oregon, we are fond of hiking in the woods, mountains, and taking long walks on the beautiful and secluded Pacific Coast beaches.

What advice do you have for graduate students or new professionals? I would urge graduate students and new professionals to consider all the doors that will be opened when practicing behavior therapy. Just to name a few, in my case it has led to consultancies (including consulting on a TV movie with Christopher Reeve in which he portrayed a pedophile), editorships of several journals and encyclopedias, and the ability to influence pedagogically several generations of young behavior therapists. Indeed, the possibilities are entirely consistent with one's creative impulses.



G. Terence Wilson

AABT President from 1980–1981

BRIEF WORK HISTORY: After receiving my Ph.D. at the State University of New York at Stony Brook in 1971 I accepted a faculty position at Rutgers University. In 1985 I was awarded an endowed professorship and appointed the Oscar K. Buros Professor of Psychology. I was a visiting professor in the psychology department at Stanford University in 1980, and a Fellow at the Center for Advanced Study in the Behavioral Sciences at Stanford in 1976-77 and in 1990-91. At Rutgers University I have served both as chair of the department of psychology and Director of Clinical Training.

What influenced your involvement in behavior therapy? As an undergraduate at Witwatersrand University in Johannesburg, South Africa, I majored in history and psychology. In studying psychology I had the good fortune to be taught learning theory by Alma E. Hannon, arguably the only behaviorist in the country. It was a fellow Wits student (and now a distinguished AABT member), Ian Evans, who initially persuaded me to take seriously what "Mrs. Hannon" had to say. Alma herself was a student of J. G. Taylor, a behaviorist who had a major influence on Wolpe's early thinking. Influenced by her powerful intellect and commitment to the scientific analysis of behavior, I became a devout neo-Hullian. Alma Hannon had had close ties in Johannesburg with Joe Wolpe, Jack Rachman (a fellow lecturer of hers at Wits), and Arnold Lazarus (who received his Ph.D. under Wolpe at Wits),

founding fathers of behavior therapy, all of whom had left South Africa by the early 1960s. All three were sources of inspiration to a fellow (soon-to-be) ex-South African who aspired to join their lofty ranks.

On the advice of Arnold Lazarus, I applied to the newly established Ph.D. program at Stony Brook and was accepted. Arnie had recommended Stony Brook on two counts. One was its presumed proximity to Philadelphia where he had recently joined Wolpe at Temple Medical School. The other was that Jerry Davison, whom Arnie had taught the year he was a visiting professor at Stanford, had recently accepted a position at Stony Brook. Even if Arnie's geography and knowledge of the Long Island railroad left much to be desired, his advice on selecting a mentor was impeccable! How lucky I was to be part of that early Stony Brook experience—4 wonderful years that provided the education, the support, and the guidance that have stood me in such good stead throughout my career.

What circumstances led you to run for AABT office? It was probably inevitable that I would be involved with AABT. My good friend Arnold Lazarus had been an early President, as had Wolpe and Jerry Davison. Another friend and colleague at Rutgers, Cyril Franks, had founded the association. I shared their commitment to helping the association flourish. I was also encouraged to seek the presidency by Betsy Kovacs, the original Executive Director, whose crucial role in the development of AABT can hardly be overstated.

What is your most memorable experience as president? I recall no particularly "memorable experience." I do remember challenging times. The Society of Behavioral Medicine had recently separated from AABT. Betsy Kovacs had moved to another position and we were fortunate to have M. J. Eimer take over her administrative duties. Finances were initially a worry, and Mike Cataldo and Todd Risley, in particular, provided yeoman service in developing effective and financially sound operating procedures for AABT.

What are your other interests in life? I'll mention two. One is wine—perhaps a partially correlated co-effect of my involvement in behavior therapy since Jack Rachman has served a mentor in this respect as in matters of academic taste. Another passion is soccer (football to the rest of the world). I played it, coached it, and watch as much as I can.

What advice do you have for graduate students or new professionals? I encourage my students to pursue academic and clinical/research careers, and try to help them achieve what is necessary to compete for highly competitive academic positions. It has been a privilege to have been a part of a university faculty these many years. I would like my own students to enjoy the same rewarding experience.



Rosemary Nelson-Gray

AABT President from 1981–1982

BRIEF WORK HISTORY: Department of Psychology, University of North Carolina at Greensboro, 1971-present. Director of Clinical Training, 1977-2002. Professor of Psychology, 1979-present.

What influenced your involvement in behavior therapy? I was an undergraduate psychology major at St. Louis University during the civil rights movement. I was idealistic and egalitarian. At that time, the major type of therapy that was taught was psychodynamic. In my view at that time, the cost and time involved prohibited that type of therapy being offered on a wide-scale basis. I asked my psychology advisor if there were any alternatives, and she told me about a new type of therapy called behavior therapy (1966). I asked where I could study behavior therapy, and she said that Eysenck in London was involved in its development. So I applied for and was awarded a Fulbright Scholarship to study with Eysenck and Jack Rachman at the Institute of Psychiatry. While at the Institute I met Ian Evans, who told me that the State University of New York at Stony Brook had started a Ph.D. program in clinical psychology with a focus on behavior therapy. I was in the second class admitted to this Stony Brook program, along with Terry Wilson and Ron Drabman, and was fortunate to be taught by Alan Ross, Marvin Goldfried, Gerald Davison, Tom D'Zurilla, Dan O'Leary, Dave Pomeranz, Harry Kalish, and Leonard Krasner.

What circumstances led you to run for AABT office? I became involved with AABT in 1974 as the film program chairperson. In 1978, I was selected to be the editor of a new journal, *Behavioral Assessment*, which was published by Pergamon under the auspices of AABT. In this role, I attended the AABT Board meetings from 1978 to 1982. I was nominated and ran for President in 1980, becoming the first female President of AABT.

What is your most memorable experience as president? The time frame for these two events may not be exactly coincidental with my presidential term, but they are memorable AABT events to me. I chaired a task force that resulted in the reorganization of the AABT administrative structure. Before that time, all committees reported directly to the Board of Directors. In the new streamlined system, committees reported to boards that reported to the Board of Directors. To the best of my knowledge, this administrative structure is still functioning well. My other memorable event was a series of discussions that culminated (1987) with AABT's ending its association with *Behavioral Assessment* and transferring the ownership of the journal to Pergamon. Eventually (1992), behavioral assessment became a special section within another Pergamon journal, *Behaviour Research and Therapy*. I am proud to have contributed to the recognition of behavioral assessment as a field of study.

What are your other interests in life? My husband and I are fortunate to be parents of two healthy and pleasant boys, currently aged 11 and 8. Our evenings and weekends are filled to overflowing with their homework, their friends, ice and roller hockey practices and games, soccer and basketball practices and games. Our family

also travels, both within the U.S. and internationally. The boys have already visited four continents!

What advice do you have for graduate students or new professionals? Identify your professional talents and passions, and undertake projects and duties that use these to best advantage. Make career choices based on what you do and like best. Seek scientist-practitioner opportunities whenever possible (e.g., collecting data during clinical practice). In your own ways, contribute to the advancement of behavior therapy as a field, building on its 45-year history.



K. Daniel O'Leary

AABT President from 1982–1983

BRIEF WORK HISTORY: After I received my Ph.D. at the University of Illinois in 1967, I became an assistant professor of psychology at the State University of New York at Stony Brook (now called Stony Brook University). Depending upon your vantage point, one might say I have been in a rut, as I have been at Stony Brook ever since. However, the experience has been quite positive. They promoted me quickly, I served as chair of the department of psychology, became a Distinguished Professor, and now am Director of Clinical Training (a job nobody else wanted).

What influenced your involvement in behavior therapy? While at Illinois, Wesley Becker, Sidney Bijou, and Leonard Ullmann were beginning to promote behavioral interventions, and Gordon Paul joined the faculty in my last year. The department was alive with controversy, and Becker was just switching from factor analytic work on the parent-child circumplex model to home and classroom interventions. Becker convinced me to join his lab, and to switch from working with Donald Shannon with whom I was beginning repression/sensitization work. I left Shannon's group to join forces with Becker, but fortunately Shannon continued to be supportive, and, most importantly, he introduced me to my wife, Susan.

While in graduate school, the changes that we were able to accomplish in homes and classrooms with alterations to parent and teacher attention were quite significant, and I was hooked. For children with more difficult problems, we developed token reinforcement systems in the classrooms, and variations of these remain quite common in most school districts with special classes.

The move to Stony Brook was a very good one, because the faculty who hired me (Harry Kalish and Leonard Krasner) were very supportive, and my senior mentor in child psychology, Alan Ross, remained a close friend until he died. There was an atmosphere of optimism and a sense that many clinical problems could be solved with appropriate applications of behavior therapy procedures. While the optimism was later tempered with clinical trials conducted in many labs across the country, it was enough to keep us buoyed up on a daily basis.

What circumstances led you to run for AABT office?

Frankly, I do not remember exactly what prompted the decision to run for office. I had not held any key posts in AABT, and, in fact, it was some years after graduate school before I joined the Association. While I was in graduate school, Gordon Paul cautioned us against joining the organization because he believed that it resembled the old-boy "inner circle" framework that had characterized Freud and his disciples. However, Krasner, then our clinical director, suggested that I run, and Jerry Davison supported the idea, so I said yes because they and Betsy Kovacs, the AABT Executive Director, told me that it would not be too much work. Further, despite my initial reluctance to join AABT, I found its meetings to be places for both excellent intellectual and social stimulation. It had become my professional home. I also thought that the organization could do more to promote the image of behavior therapy and behavioral treatments that had been empirically supported. Thus, my presidential address was entitled "The Image of Behavior Therapy: It Is Time to Take a Stand."

What is your most memorable experience as president?

The controlled drinking controversy was a hot issue, and in 1982, Pendery, Maltzman, and West reported on the 10-year follow-up of the Sobell and Sobell (1978) study. As many of us recall, Pendery and colleagues alleged that controlled drinking was not possible, and Maltzman accused the Sobells of fraud. AABT was approached about taking a stand on the controlled drinking issue. Given that the Toronto Addiction Research Foundation had begun its own investigation, and the U.S. Congress had appointed a subcommittee to examine the issue, AABT was able to stay out of this controversy in any official manner. My father was in AA for 13 years and while in AA he led a productive laboratory research life in biochemistry at Temple University, but he later died of alcohol-related causes—after the Davies (1962) article on controlled drinking came out. Thus, the controlled drinking controversy was one with many personal and professional ramifications, and I am glad that Linda and Mark Sobell survived the controversy and were clearly able to shape the alcohol research field. In addition, I am happy that there are guidelines for practitioners about appropriate and inappropriate candidates for controlled drinking.

The most positive memory of the year was preparing for the International Congress of Behavior Therapy held in Washington when I was president of AABT. Having spent considerable time traveling with Europeans, especially Italians and Spaniards, who hosted me at many functions that included good music and dance, I was determined to make certain that the visitors to Washington could participate in a good party. Thus, the initiation of the AABT Saturday-night dance with live music.

What are your other interests in life? I have grown hybrid tea roses for over 25 years, I coached soccer for 10 years, and I have played tennis twice a week for much longer (often with one of my first Ph.D. students, Ken Kaufman). My wife, Susan, and I regularly watch college football (I am a definite Penn State and Joe Paterno fan) and basketball (we have an NCAA semifinal basketball party at our house each year).

I like renovating homes, spending time with my grown son and daughter and our grandchildren in Boston, and, finally, I enjoy

kyaking in the Stony Brook harbor and walking on the local beach.

What advice do you have for graduate students or new professionals? The life of a university professor has the potential to be what you want it to be. After tenure, you can spread your wings and do pretty much what you choose. However, there are many important challenges that face clinical psychology because of the suffering that people endure due to psychological problems and mental disorders, and if you face the challenges, you will want to do what you can to help learn methods by which the suffering can be alleviated. The diversity of roles one can play as a university professor (classroom teacher, research mentor, therapist, expert witness in court, consultant to federal and private agencies, writer, and advocate) have made the life truly enjoyable. But this diversity can also be very motivating and all-encompassing, and you have to actively carve out a nonprofessional life.



Alan Ross (1921–1993)

AABT President from 1983–1984



Alan S. Bellack

AABT President from 1984–1985

BRIEF WORK HISTORY: 1999-present: Director, VA Capital Health Care Network, Mental Illness Research Education and Clinical Center (MIRECC), Baltimore Veterans Administration Medical Center; 1995-present: Professor and Director of Psychology, University of Maryland School of Medicine; 1991-1993: Vice Chairman, Department of Psychiatry, Medical College of Pennsylvania; 1982-1995: Professor and Director of Psychology, Medical College of Pennsylvania; 1979-1982: Director Clinical Psychology Training, University of Pittsburgh; 1970-1982: Assistant Professor to Professor, University of Pittsburgh; 1970-1971: Assistant Professor, Pennsylvania State University.

What influenced your involvement in behavior therapy? I had received training in psychodynamic and client-centered approaches and found them too vague and nonspecific: There never seemed to be a consistent explanation for interpretations or therapeutic tactics. A book titled *Psychotherapy: The Purchase of Friendship* convinced me there had to be a better way. The early work on operant techniques and desensitization provided a consistent, coherent rationale for strategies and tactics that was based on science rather than on intuition and relationships. Having become interested in behavior therapy, I was fortunate to hook up with Michel Hersen early in my career. His knowledge, skills, and friendship were the most important factors in the course of my career.

What circumstances led you to run for AABT office? AABT was my professional home, and I had served in several other

positions. It seemed like a logical progression.

What is your most memorable experience as president?

It was a relatively uneventful year, except the convention in Houston had the worst attendance ever. I still think my presidential address, "Schizophrenia: Behavior Therapy's Forgotten Child," was the most important talk I ever delivered.

What are your other interests in life? I live on the water in Annapolis and have a 35-foot sloop that my wife and I sail on the Chesapeake Bay. I also collect wine, and have enjoyed the good fortune of being able to travel frequently as part of my academic career.

What advice do you have for graduate students or new professionals? Easy: (1) Life, career, and the course of science are unpredictable. Be open to new experiences and take advantage of opportunities that come along. (2) Find good colleagues to work with.



W. Stewart Agras

AABT President from 1985–1986

BRIEF WORK HISTORY: University College School of Medicine (London, 1950-55) followed by an internship, and then psychiatric residency (1956-61) at McGill University, including 2 years of Fellowship. Instructor to Professor of Psychiatry at the University of Vermont (1961-69). Chair, Department of Psychiatry, University of Mississippi Medical Center (1969-73). Professor of Psychiatry, Stanford University.

What influenced your involvement in behavior therapy? The first influence was reading both Skinner and Wolpe during psychiatric residency. I visited Wolpe for a few days and was impressed by what I saw. Luckily Harold Leitenberg and I arrived at the University of Vermont at the same time. Hal, an expert in operant conditioning, was looking for a psychiatric colleague so that he could apply operant conditioning to psychiatric disorders, and I was looking for a psychologist who could bring scientific rigor into psychiatry. The collaboration was most fruitful, with a superb group of psychology graduate students (including David Barlow). Along the way I became Associate Editor and then Editor of the *Journal of Applied Behavior Analysis*, further immersing me in applied behavior analysis. The review process at the *Journal of Applied Behavior Analysis* involved editors and contributors in a superb postgraduate educational experience set up by Montrose Wolf and Todd Risley, among others.

What circumstances led you to run for AABT office?

One reason for running for the presidency was what to do about the development of behavioral medicine vis-à-vis AABT.

What is your most memorable experience as president?

It became clear during my presidency that a separate society was needed. With the help of M. J. Eimer we were able to bring together various (and at times disparate) elements into one proposed society. The new society (Society of Behavioral Medicine) was based on a

similar philosophy as AABT in an attempt to bring together professionals from different disciplines, researchers both basic and clinical, and the clinician. All this was by far my most memorable experience as President of AABT.

What advice do you have for graduate students or new professionals? Although the successful professional needs to develop an in-depth knowledge of an area and to mount a research program that builds on itself, it is important to know when to change. It is unlikely that a beginning researcher will continue in the same area over a professional career. Yet all too many graduate students and psychiatric residents seem already to be stuck in a particular paradigm. It is important to be a risk taker, to not always move with the crowd, and, if necessary, to make abrupt transitions to new vistas.

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W. Edward Craighead

AABT President from 1986–1987

BRIEF WORK HISTORY: 1970: Ph.D. earned at University of Illinois at Urbana-Champaign; 1970-1986: Assistant to Full Professor, Pennsylvania State University, Department of Psychology; Director of Clinical Training (1979-1986); 1986-1995: Professor, Department of Psychiatry and Behavioral Sciences, Duke University Medical Center, Director CBT Program for Mood Disorders; 1990-1995: Professor, Department of Psychology: Social and Health Sciences, Duke University; Director of Clinical Training (1991-1994); 1995-present: Professor and Director of Clinical Training, University of Colorado at Boulder (will become department chair on July 1, 2003).

What influenced your involvement in behavior therapy? Course work at University of Illinois and 2 years working on Gordon Paul's chronic schizophrenia project. Illinois didn't have a formal mentoring system like most places today, but Leonard Ullmann (who introduced me to AABT) and Gordon Paul had the greatest academic influence on my graduate school experience and early career. Reading such books as Bandura and Walters, Ullmann and Krasner (1965), Bijou and Baer, Skinner's books, and the 1969 books by Bandura and by Franks. Of great importance were discussions (sometimes arguments) with several graduate student colleagues, but most importantly Dan O'Leary and Tom Borkovec.

What circumstances led you to run for AABT office? In 1973, I got a call from Todd Risley on behalf of AABT asking if I could prepare a list of behavior therapies and the disorders for which they could be used; this was for CHAMPUS, which was compiling a list of therapies for which they would provide reimbursement. The catch was that it was the day before Thanksgiving (and also my birthday), and it had to be delivered in person in Washington on the following Monday. Being an eager assistant professor, who had been to two AABT meetings, I agreed to do it. As a result, I reported to the Board of Directors meetings (then a very large group) for a while. I worked on several committees and then decided to run for Rep-at-Large. After working in various other activities and on the

Board for 12 years, I was nominated for the position of President.

What is your most memorable experience as president?

There were many memorable events that year, but personally the most memorable one was serving as President during the annual meeting. I think I got to visit with more people I already knew and meet more new people than at any other time in my career. It is the members and staff of AABT that make it a special group. There were two other very memorable events regarding participation in AABT: (a) the discussion and preparation of a draft of the then new organizational structure, which reduced the size of the board and largely is still in place; (b) approval of support for the ABPP in Behavioral Psychology.

What are your other interests in life? Spending time with my wife (Linda Wilcoxon Craighead) and our children. We still have our beach vacations with various other AABT friends as our annual "best time." Keeping up a small ranch in Colorado, all the while looking at the Rocky Mountains. Attending the sporting events of our children and various universities. Reading about history and a few novels each year. Collecting 18th- and 19th-century furniture and other antiques.

What advice do you have for graduate students or new professionals? Find something you really want to pursue and pursue it with great enthusiasm. Make your research a "program" of systematic investigation. Base your clinical work on a conceptual model and on as much related empirical data as available, and remember, the real satisfaction comes from the client's improved functioning and quality of life.

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Dennis C. Russo

AABT President from 1987–1988

BRIEF WORK HISTORY: As Chief Clinical Officer of the May Institute, I have, over the past 11 years, had the wonderful opportunity to implement that which I only talked about while in academia.

My previous life has included academic and hospital appointments to the faculty of psychology in the department of psychiatry at the Harvard Medical School; as Director of Behavioral Medicine at Children's Hospital in Boston; as faculty in pediatrics and psychiatry at the Johns Hopkins University School of Medicine; and as Associate Director of Behavioral Psychology at the John F. Kennedy Institute for Handicapped Children in Baltimore, Maryland.

What influenced your involvement in behavior therapy? I had the good fortune to be empirically minded at a time when psychology wasn't. I therefore gravitated toward the early research in behavior analysis and during my graduate school years was able to work under the mentorship of Drs. Robert Koegel and Ivar Lovaas.

What circumstances led you to run for AABT office? My early involvement with AABT governance was through work with Dr. Todd Risley in the development of AABT's peer review services.

As I have always had a strong interest in advancing the field, my roles with AABT consisted of several positions, including that of Secretary-Treasurer before assuming the role of President.

What is your most memorable experience as president?

Around the time of my presidency, AABT had emerged into national prominence as the voice of behavior therapy. I am pleased to have been involved during those years in the efforts of the organization to create and support board certification for behavioral psychology. These efforts led to the inclusion by ABPP of behavioral psychology as a specialty of psychology. As one looks today at the leadership roles of behavioral and cognitive psychologists in psychological practice and science, it strikes me that AABT created the vehicle for at least some of that progress.

What are your other interests in life? Other than the consuming tasks of parenting and family life that bless many of us, I am absolutely certain I have bored most of my colleagues and friends to death with long-winded tales of my yearly sailboat charters in the Caribbean.

What advice do you have for graduate students or new professionals? Change is the normal state of affairs. Many students complete their education and are bewildered that the skills they have learned are not massively reinforced in the real world. The real value of graduate education in cognitive behavior therapy is in the development of a unique perception of people and behavior and a science for its evaluation and change. As time goes on, our careers and opportunities evolve. In the years since I began in the field, we have grown into a major school of thought, our science has blossomed, and our ranks have swelled. Opportunities for today's graduates and young professionals are evolving as well.



Kelly D. Brownell

AABT President from 1988–1989

BRIEF WORK HISTORY: I received my Ph.D. from Rutgers and then was in the first internship class at Brown University when it was founded by David Barlow. Because my name falls earlier in the alphabet than my fellow interns (Toy Caldwell, Steve Hayes, Carol Landau, and Peter Monti), I believe I qualify as the first-ever Brown intern. I then joined the faculty at the University of Pennsylvania School of Medicine where I left as Professor in 1990 to join the faculty at Yale. At Yale, I serve as Professor of Psychology, Epidemiology and Public Health and Director of Graduate Studies. I was Director of Clinical Training for several years, and from 1994 to 2000 served as Master of Silliman College at Yale. I direct the Yale Center for Eating and Weight Disorders, one of the few centers to address both eating disorders and obesity.

What influenced your involvement in behavior therapy? My interest began with an undergraduate psychology class at Purdue taught by James Curran using the classic text by Ullmann and Krasner. In graduate school at Rutgers, I was blessed to be taught by some of great figures in the field, including Terry Wilson,

Arnold Lazarus, Sandra Harris, Cyril Franks, and Peter Nathan. They brought to life the scientific study of clinical issues. In particular, Terry Wilson, my primary advisor, was inspirational in his ability to conceptualize complex issues, to reach people through clinical work, and to be a top-rate empirical scientist.

What circumstances led you to run for AABT office? I had worked with a number of people who had been President of AABT (Terry Wilson, Arnold Lazarus, David Barlow, and Cyril Franks) and hence felt very attached to the organization. I also believed strongly in the values that AABT represents and found the meetings exciting because of interacting with (a.k.a. fawning over) the legends in the field when I was early in my career.

What is your most memorable experience as president?

I remember the rigors of a strategic planning process in board meetings where we devoted great energy to thinking of the future of AABT and deciding how both the structure of the organization and its activities could be oriented to accomplish important goals. An even stronger memory is of my presidential address, its large crowd, and the opportunity to poke fun at the person who introduced me, President-Elect Phil Kendall.

What are your other interests in life? First on the list are my three children, whom I love to be with. Next are music (we are a 10-guitar household) and sports. I love to watch sports but love more to participate, most recently in tennis (four times a week or so). I also live near the ocean and take great pleasure in its beauty, power, and serenity.

What advice do you have for graduate students or new professionals? Do what you love so you'll love what you do. Be confident that you really can have an impact, and be involved as a leader.



Philip C. Kendall

AABT President from 1989–1990

BRIEF WORK HISTORY: Assistant to Full Professor, University of Minnesota, Department of Psychology, 1977-1982, Director of Clinical Program, 1983-84; Fellow, Center for Advanced Study in the Behavioral Sciences, 1977 and 1980-1981; Professor of Psychology and Head of the Division of Clinical Psychology, Temple University, 1984-2001; Currently, Laura H. Carnell Professor of Psychology, Temple University, and Director of the Child and Adolescent Anxiety Disorders Clinic (CAADC).

What influenced your involvement in behavior therapy? It has been my longstanding belief that there is a need for data to drive treatment decisions. The whims of individuals or the fanciful theory of the day impress me less than a systematic, data-driven evaluation. Undergraduate and graduate coursework in learning theory, animal and human behavior, and research design combined to provide the platform for seeing the value of data in psychological treatments. It struck me that psychology had gained a great deal from scientific inquiry and that learning and informa-

tion processing sciences could be coupled and applied to the problems facing individuals.

What circumstances led you to run for AABT office? I saw and continue to see the association as central to the field, yet at the time I recognized that there was risk due to the cognitive-behavioral and behavioral segments of the membership. I wanted to keep the segments together and I thought I had a balanced view that could serve the association well through a time of expansion, integration, and adjustment. It was an honor to serve as President.

What is your most memorable experience as president? As I look back, I think my most memorable experience had to do with the various and several activities necessary to help to shape the environment (in the association and especially on the Board of Directors) to move forward with the purchase of office space for the AABT central office. Once we purchased a place, we had a “home.”

Although clearly second most memorable, I also remember being bumped from the presidential suite at the convention where I was to give my presidential address because Dan Quayle was using the room and the Secret Service had to check for bugs and install phone lines.

What are your other interests in life? I play basketball on Sunday mornings from 9 a.m. to 12 p.m. and on one or two evenings a week (based on scheduling). Small forward with a decent jump shot who plays defense. I coached a local school’s JV team for several years, but prefer to boast of a recent half-court shot at a 6ers game (hit the front rim) and being on the team that won the Philadelphia Hoop-it-Up (3 on 3) tournament in the “older-than-dirt” (over 40) age group. I have an addiction to Sunday crossword puzzles (*Philadelphia Inquirer* and *New York Times*) and I like to spend Saturday mornings (I have them delivered early) finishing them both (sometimes). I enjoy keeping up with the developing interests of my two sons, Mark and Reed, and engaging in music, travel, the discovery of local eateries, and tennis with my spouse, Sue.

What advice do you have for graduate students or new professionals? Even though there will be difficulties and every study has some limitations, strive to do the very best research that you can. Most importantly, enjoy the work.



Neil Jacobson (1949–1999)

AABT President from 1990–1991



G. Alan Marlatt

AABT President from 1991–1992

BRIEF WORK HISTORY: As a Canadian, I received my B.A. from the University of British Columbia in 1964. In those days, since there were no Ph.D. training programs in clinical psychology

in Canada (compared to several excellent APA-approved programs now available), I applied only to American doctoral training programs and was accepted as a grad student at Indiana University in 1964. After completing my internship at Napa State Hospital and defending my dissertation in 1968, I returned to Vancouver to accept a position at UBC as an assistant professor in the department of psychiatry (1968–69) but left after a year to join the psychology department faculty at the University of Wisconsin. After receiving tenure in Madison, I returned to the Pacific Northwest in the fall of 1972, joining the psychology department here at the University of Washington, where I have served as a faculty member for the past three decades. I live in a beach house overlooking Puget Sound, located almost halfway between my two favorite cities, Vancouver and Seattle. Although I now hold dual citizenships in both the U.S. and Canada, my heart still lies north of the border.

What influenced your involvement in behavior therapy? When I was an undergraduate student at UBC in Canada, I took a senior-level course in clinical psychology. The professor told us that the future of clinical psychology was dim, and that we should consider other career options. As President of the UBC Psychology Club that year (1963), I decided to challenge this pessimistic view by working with the psych department faculty to invite several speakers to come to Vancouver for a conference on the topic of “New Directions” in psychotherapy and clinical psychology. We invited several bright new faculty members from the American West Coast—including Irwin Sarason from the University of Washington, the late Fred Kanfer, then at the University of Oregon, and Al Bandura from Stanford (and a former undergrad at UBC)—to talk about exciting new developments in the field. The conference was a big success as it focused on behavior therapy as the emerging new force in clinical psychology. That was enough for me, so I decided to send my grad school applications out to a dozen or so clinical programs in the States that identified themselves as having a strong behavioral orientation. I was turned down by all of the programs I applied to, except for Indiana University (thanks to supportive letters from Drs. Sarason and Kanfer, themselves both former alumni of Indiana; I was accepted as the only foreign grad student for the incoming class of 1964). During my years in Bloomington, I learned many basic behavioral principles and first began to apply this approach to the treatment of alcohol abuse and dependence while on internship at Napa State Hospital.

What circumstances led you to run for AABT office? I was talked into running for President by another dear friend and colleague here in Seattle, Neil Jacobson, who convinced me to throw my hat in the ring during the year of his AABT presidency. Those of us who knew Neil well know how convincing he could be, and I benefited from his political and social advice to run (plus, it gave me the advantage of introducing Neil for his excellent presidential address in ’91). As I write this, it saddens me once again to reflect on the loss of both Neil and Lizette, two wonderful beings in the world of AABT and behavior therapy.

What is your most memorable experience as president? This occurred during one of the AABT board meetings in New York in 1992. As president, it was my duty and great pleasure to inform Lizette Peterson of the board’s decision to appoint her as the

new incoming Editor of our flagship journal, *Behavior Therapy*. I still clearly recall her reaction, a delightful mix of pride and modesty, as we celebrated the good news. As a member of the Publications Board, I was also there to see Lizette develop and launch AABT's outstanding new journal, *Cognitive and Behavioral Practice*. Working with Lizette was an honor and privilege for me, and I deeply regret her loss as a close colleague and friend. Lizette's spirit is at the heart of the AABT family's success, and we all have suffered greatly from her premature passing.

What are your other interests in life? I enjoy time at home with my wife, Bia, and my 14-year-old stepdaughter, Iara, both from Brazil and both still adapting to the northwest winter climate. We travel a lot (Bia is also a psychologist who works in the addictions field), including many trips to beautiful and friendly Brazil. Other interests include reading, walking, and playing the piano. In spare moments, I study Buddhist psychology and practice mindfulness meditation.

What advice do you have for graduate students or new professionals? Hang in there. The world is going through some tough times at the moment, and we all need time for developing peace and balance in our lives. The future is bright for behavior therapy and its role in both preventing and treating a wide range of human problems. Be compassionate in your work with others and yourself.



Richard Suinn

AABT President from 1992–1993

BRIEF WORK HISTORY: Stanford University Counseling Center, 1958; Whitman College, 1959-64; Stanford University School of Medicine, 1964-66; University of Hawaii, 1966-68; and Colorado State University, 1968-99. City council-person and mayor, City of Ft. Collins, Colorado, 1975-79. Visiting faculty at Universidad de Veracruz-Mexico, and universities in Japan. Visiting Scientist, Peoples Republic of China. U.S. Olympic Committee Sports Medicine Council's Sports Psychology Advisory Subcommittee, 1983-89. Now emeritus professor and emeritus head, Colorado State University.

What influenced your involvement in behavior therapy? It might seem like it was ordained: The foundations of behavioral theory were being laid during my years as a graduate student at Stanford from 1955 to 1959. The classroom atmosphere was full of views on how learning principles must be a better approach to intervention than psychoanalytic or psychodynamic or client-centered approaches. But the final link, that being the development of actual strategies for behavioral change, had not yet been forged. So I remained in limbo.

Failure then entered my life. While in my first job, I was asked by a student (an athlete) to help remove an obstacle to his basketball performance. I experienced a depressing frustration at being aware that I lacked the tools to help. I was versed in learning theory but only knew psychodynamic/nondirective strategies for change, and

none of these would be of any use. Even today I feel a sadness over failing to help this student-athlete.

Then came Wolpe's writing on systematic desensitization—the missing link—and everything fell into place for me as theory and application became integrated. Later, observing the real-life use of operant methods at the University of Washington by folks like Baer, Bijou, Birnbrauer, and Wolf completed my conversion. Since then I have relied either upon proven cognitive-behavioral strategies or, when consulting on unique cases (such as sport psychology), I have relied on behavioral principles and theory to design interventions appropriate to the case at hand.

What circumstances led you to run for AABT office? I had served as the Secretary-Treasurer and Finance Chair for AABT and was content to finish this service on the Board. As my term ended, another Board member encouraged me to be a candidate for the presidency. This idea came as a shock to my personal opinion that only certain research academicians—those whose works I read and whom I held on a pedestal—had the right to serve as AABT President, much less be a candidate. This Board member continued to examine my thought processes, providing rational discourse, and helped restructure my cognitive schema.

There is a moral somewhere in this. Perhaps that we aren't always the best evaluators of ourselves. Or that encouragement from persons you trust is a really important source for taking on challenges.

What is your most memorable experience as president?

Being involved in a long debate about the value of a practice-oriented journal, during which I was feeling pessimistic that the idea would be accepted, then suddenly receiving active support as the tone of the arguments shifted, ultimately culminating in the currently successful journal *Cognitive and Behavioral Practice*! This journal has proven itself unique among psychological journals and nicely fills an important niche for readers. The experience opened my eyes to realizing that ideas can lead to actions even in the face of major opposition . . . and was ultimately a reason I was willing to run for the presidency of the American Psychological Association.

Strangely enough, my AABT presidential address was both the most anxiety-producing experience as well as a time I had the most fun. The flutter of absolute anxiety before the address came from knowing that past AABT Presidents were in the audience, persons whose prior addresses set a high standard. I did seek reassurance from some of the Presidents, hoping that they would admit to also having been anxious . . . except all claimed they were completely calm (too late did I discover this to be a huge untruth!). Once the introduction was over, however, I did settle into my research-oriented presentation, which had some planned—and unplanned—humor that put the audience in a great mood. So while covering important content, I also remember having a great time giving the address.

What are your other interests in life? I have always protected nonwork time. Even when serving as head of the department of psychology, I worked intensively from 8:00 a.m. to 5:00 p.m., but never took work home evenings or weekends. This was not always easy. Sometimes I found I had to actually schedule leisure activities in order to ensure that I didn't find reasons to work longer instead of planning recreational time. It is a truism of life that work

never ends and leisure never begins . . . until you make it a point to actively balance your use of time. I even dabbled with oil painting just to see if I could accomplish anything meaningful (I didn't).

Currently, I describe myself as follows: "In the winter I ski fanatically, in the spring I play tennis exuberantly, in the summer I fish avidly, and in the fall I am depressed (mildly) waiting for the winter."

What advice do you have for graduate students or new professionals? Be not afraid to stretch your goals, believe in yourself, and have good friends.

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Linda Carter Sobell

AABT President from 1993–1994

BRIEF WORK HISTORY: 1974-1980: Adjunct Instructor to Adjunct Associate Professor, Department of Psychology, Vanderbilt University, Nashville; 1974-1980: Director, Alcohol Programs, Dede Wallace Mental Health Center, Nashville; 1980-1996: Assistant Professor to Associate Professor to Professor, Department of Psychology, Department of Family and Community Medicine, and Department of Behavioural Science, University of Toronto, ON; 1980-1986: Head, Behavioural Treatment Research, Addiction Research Foundation, Toronto, ON; 1986-1996: Senior Scientist, Addiction Research Foundation, Toronto, ON; 1992-1996: Chief, Guided Self-Change Unit, Addiction Research Foundation, Toronto, ON; 1996-present: Professor and Associate Director of Clinical Training, Center for Psychological Studies, Nova Southeastern University, Ft. Lauderdale.

What influenced your involvement in behavior therapy? I had plans to go to medical school, but three things changed that. First, I took a class from a professor in social psychology and that tweaked my interest in psychology. Second, as an undergraduate I started working as a research assistant in the psychology department, where I met my long-time colleague and partner in life, Mark Sobell. Third, serendipity and a backwards wired diode board led to Mark and I taking our first professional jobs at Patton State Hospital where we conducted our first clinical behavioral study that was to forever change our lives. That study and seeing that science could have an impact led to my involvement in behavior therapy.

What circumstances led you to run for AABT office? For some reason that I cannot recall, I thought it might be interesting to get involved in a professional organization. To this end, I approached Drs. Terry Wilson and Rosemary Nelson about getting involved in AABT. They put forth my name and I started out as Nominations and Election Chairperson, moving through the ranks serving as Membership Coordinator, Representative-at-Large, Secretary-Treasurer, Publications Coordinator, Archives Editor, and President. Somewhere along the line, I got addicted to the organization and could not stop running for offices. Truth be told, the reason I ran for so many offices before the presidency is because I was afraid of giving a presidential address. I had heard so many horror stories. What gems of wisdom could I pass on to a ballroom of con-

ference attendees? Even worse, suppose the only ones who would show up would be my family and friends? Eventually I ran out of other offices to run for, so I took the plunge.

What is your most memorable experience as president?

I will never forget my presidential address. Although I had been working on the talk for over a year, I was very nervous. It turned out fine, but more importantly, it led to several dissemination activities for AABT, including the video archiving of the history of AABT and the historical figures that have had a significant influence on our field and organization.

What are your other interests in life? Next to my colleague and spouse, Mark Sobell, and our two children, Stacey and Kimberly, and our dog, Ramie, my love and passion for the past 30 years has been racquetball, racquetball, and racquetball. More recently, I have successfully tried my green thumb at raising orchids and bonsais. Lastly, my late-life professional accomplishment has been to learn to speak a language I had never spoken before. Three years ago I went to Costa Rica where I stayed for a month and starting learning Spanish. To this end, this year, I gave a professional presentation on my research totally *en español* at the National University of Mexico.

What advice do you have for graduate students or new professionals? Follow your nose as a scientist and do not be afraid to march to a different drummer.

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Thomas H. Ollendick

AABT President from 1994–1995

BRIEF WORK HISTORY: I received my B.A. degree in psychology from Loras College in 1967, my Ph.D. in clinical psychology from Purdue University in 1971, and completed a postdoctoral fellowship in clinical child psychology at the Devereux Foundation Institute for Clinical Training and Research in 1972. Subsequently, I joined the department of psychology at Indiana State University, where I remained until 1980, at which time I moved to Virginia Polytechnic Institute and State University (VPI&SU), where I have remained since. Presently, I am Director of the Child Study Center and University Distinguished Professor at VPI&SU. I have also been fortunate to have three sabbatical leaves during my academic career: Western Psychiatric Institute and Clinic in Pittsburgh (1979), Maudsley Hospital and Institute of Psychiatry in London (1988), and Monash University in Melbourne, Australia (1996).

What influenced your involvement in behavior therapy? My educational background was distinctly nonbehavioral. Purdue, in the late 1960s and early 1970s, was an exciting doctoral training program that was decidedly eclectic but characterized primarily by humanistic and psychodynamic perspectives. My training at Devereux was also primarily psychodynamic with flavors of classical psychoanalysis. I am a self-taught behaviorist.

My evolution from humanistic and psychodynamic approaches to a behavioral one was determined by four primary forces: (1) the

1960s; (2) the emergence of behavior modification and behavior therapy in the late 1960s; (3) my own clinical experience and dissatisfaction with more traditional approaches to helping children, adolescents, and their families; and (4) chance occurrences. The 1960s were an exciting time and, personally, my beliefs and overall philosophy of life were being challenged on a number of fronts. Professionally, the works of Albert Bandura, Julian Rotter, B. F. Skinner, and Joseph Wolpe were electrifying and stood in sharp contrast to the prevailing work of Sigmund Freud, Anna Freud, Carl Rogers, and Virginia Axline. I attended my first AABT conference in 1968, have not missed a conference in the past 35 years, and have never looked back or regretted my evolution—unconsciously or otherwise! At some level, I must also acknowledge the influence of “chance” events in my course of development—being in the right place at the right time.

What circumstances led you to run for AABT office?

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

What is your most memorable experience as president?

There are many memorable moments, not the least of which was introducing my immediate predecessor, Linda Sobell, as President at the annual meeting in 1994 and showing those slides of her and Mark in their 1960s apparel, hairdos, and lifestyles. That was fun . . . at Linda and Mark’s expense! I also remember vividly being introduced for my presidential address by Art Freeman the year after—with Art knowing me all too well and showing a slide of my wife (Mary) and me in our Sonny-and-Cher lookalike outfits (“I Got You, Babe”) and then a photograph of me superimposed on a picture of Freud’s inner circle! Aside from that moment of comic relief, I recall being distinctly exhilarated as I looked out from that podium and began to give my presidential address. It was scary but fun, in the final analysis! But most of all, I recall my work with the AABT board and the AABT staff: M. J. Eimer, Mary Ellen Brown, David Teisler, and, of course, Elsie Ramos. Those were exciting times.

What are your other interests in life? Work and work-related activities have always taken up a major part of my life. Yet, my family has always come first. Being the father of two daughters who are now young women has been a major part of my life. Whether searching for a junior prom dress for Laurie at Saks Fifth Avenue or taking Katie to Shea Stadium for a baseball game, they have been an important part of my life—even when doing business in New York City with AABT. Now young married adults, they continue to be an inspiration to me. Their husbands and their children—our “grand” children—are a true source of enjoyment for Mary and me! In addition to my family, I enjoy traveling and appeasing my other major interests: archeology and photography. Travel has opened an arena of life I never imagined as I grew up on a small farm in Nebraska and then Iowa with my parents, five brothers, and one sister. Travel has also afforded me the opportunity to spread the word about behavior therapy and to get a pulse on the heartbeat of

behavior therapy around the world. It is comforting to know that behavior therapy is alive and well!

What advice do you have for graduate students or new professionals? My advice is really quite simple: Get involved. Although our ability to predict outcomes is affected by a host of chance occurrences, we do play an active role. We are both products and producers of our environments. So get involved—affectively, behaviorally, and cognitively.



Arthur Freeman

AABT President from 1995–1996

BRIEF WORK HISTORY: I received my B.S. (1964) and M.A. (1965) degrees from New York University and my doctorate from Teachers College–Columbia University (1975). I started my teaching career at Rockland Community College (1966–1969). I then moved to Marymount Manhattan College as assistant professor and when the chair precipitously resigned, was named acting chair and later chair of the department of psychology (1969–1975).

In 1975 I moved to Philadelphia and worked at Thomas Jefferson Medical School and Temple University. In 1977 I joined the staff at the Center for Cognitive Therapy at the University of Pennsylvania where I served as clinical director and later in the joint roles of clinical director and director of training. In 1984 I moved to the department of psychiatry of the School of Osteopathic Medicine of the University of Medicine and Dentistry of New Jersey (1987–1990) as professor of clinical psychiatry, involved in establishing a CBT inpatient unit and teaching and supervising psychiatry residents. I then transferred to the university’s Robert Wood Johnson Medical School (1990–1993) in the same capacity. In 1993 I moved to Philadelphia College of Osteopathic Medicine where we established a doctoral program (Psy.D.) in clinical psychology. I hold the rank of professor and I chair the department of psychology, with overall responsibility for two doctoral programs, three masters programs, and a respecialization program.

What influenced your involvement in behavior therapy?

I was psychoanalytically oriented and trained (coming from New York, this is no great surprise). Three events influenced my migration to behavioral work. First, as the student representative on the board of a psychoanalytic institute, I was party to numerous discussions about “proper” psychoanalytic work. One discussion was whether the training analysis had to be five individual sessions per week or could be four individual sessions plus a group therapy session. The discussion took several hours, with each board member quoting extensively from the psychoanalytic literature. After several hours I asked if the choice should be based on the students’ needs. If their problems were intrapersonal, they would have five individual sessions. If, however, their problems were interpersonal, group therapy would seem indicated. My ignorance led to several more hours of discussion.

The second event occurred as I was running a group at the Institute’s training clinic. A 23-year-old man joined the group. His

presenting problem was that he spoke in a falsetto voice (remember Tiny Tim?). He had been treated for 2 years in individual psychoanalytic psychotherapy in an attempt to help him resolve his Oedipal conflict, to no avail. Group was seen as a last resort. I asked his individual therapist if there were any physical factors that contributed to the speech problem. She did not know, but thought that the problem was so clearly and classically psychogenic that physical issues were not considered. I pressed for medical data, being concerned that a tumor or other physical problem might be at issue. I obviously frightened the individual therapist with my anxiety and she “recommended” that this young man see his family physician to rule out physical factors. The family physician found nothing wrong, but made a referral to an otolaryngologist. The specialist found nothing wrong but referred the young man to a speech therapist, who taught this young man to speak in a lower register within six sessions. He then terminated his analysis. I was taken to task for ruining this man’s life.

Yes, he could now speak normally but had not resolved his Oedipal conflict. I could not understand the problem. The man’s needs were met, he did what he wanted to do, he could be “normal,” but I still ruined his life. Issues of patient needs, behavioral change, empirical base, were not considered.

Finally, I consulted Albert Ellis to help me with a problem and I saw close up and personal how CBT worked. Working with Tim Beck was the most important experience in my career. Tim was not only mentor, colleague, teacher, and supporter, but also counselor and friend for almost three decades. My conversion was complete.

What circumstances led you to run for AABT office? Having been involved with AABT for several years, I wanted to serve the organization. When the call for nominations came out for editor of *tBT*, I submitted a vision statement and to my surprise was asked to be Editor. I had great fun with *tBT* and had the chance to provide information and fun for others. I then became the first Editor of the Archive Series.

Several friends advised me to run for President, believing that I could help to move AABT along. In 1992 I ran against Dick Suinn for President. I was soundly defeated. I ran again against Tom Ollendick, and was again defeated. Third time was the charm.

What is your most memorable experience as president? Probably my most memorable experience was the presidential address. My anxiety was so incredibly high. I called several past Presidents and asked for advice. The most useful advice came from Phil Kendall, whose advice was captured in the two words “Depends Undergarments.”

Giving a lifetime achievement award to Al Ellis, who claimed that his two most notable lifetime achievements were curing me of psychoanalysis and helping me to be a more active writer.

The chance to work with M.J., David, and Mary Ellen, and the rest of the AABT home crew, was, and is, a high point for me.

What are your other interests in life? I enjoy time at home with my wife, Sharon, and daughters Heather and Rebecca. We love to visit our grandchildren and I love being “Paw-Paw” and use the opportunity to spoil our grandchildren.

What advice do you have for graduate students or new professionals? Take every opportunity to learn. Go to hear the

best-known people in our field (usually at AABT meetings). Be active in AABT and go to every meeting. Be open to new ideas and developments. Reach out to younger/newer people in our field. Plan to be president of AABT.

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Antonette Zeiss

AABT President from 1996–1997

BRIEF WORK HISTORY: After my clinical internship (1976 to 1977), I began as an assistant professor in the psychology department at Arizona State University. I stayed there for 4 years, loving the job and the people, but knowing that I needed to be back in California, as close to home (Santa Cruz) as possible. When an offer came to be a visiting assistant professor at Stanford in the psychology department from 1981 to 1982, my husband and I jumped at the chance, even though we knew that it would be temporary, as Stanford does not have a clinical psychology program. The plan was that if one of us had a permanent job in the area by the end of the year, I would resign my faculty position. My husband started at VA Palo Alto within a few months, and I did resign. After the visiting year at Stanford, I too joined the VA staff in 1982 and have been there since, originally in a geropsychology research position, then as Director of the Interprofessional Team Training and Development program, and now as Clinical Coordinator and Director of Training for Psychology Service.

What influenced your involvement in behavior therapy? As an undergraduate at Stanford in the 1960s, I took an abnormal psychology course from Walter Mischel at the start of my sophomore year, and immediately knew that I was excited about the approach he was teaching. I also took courses from Al Bandura, as well as starting in Walter Mischel’s research group later in my sophomore year. After completing my undergraduate degree, I worked for Drs. Mischel and Bandura for 6 years (partly due to a first ill-conceived marriage that kept me in the area and out of grad school). As my life changed, I got out of the bad marriage and into the relationship with my current husband, Bob Zeiss, and began to consider graduate school. For two reasons, I considered only one graduate program, the University of Oregon. First, I had been continually inspired by the research I was doing, and I wanted to be in a behavioral program. Second, Bob had been accepted 2 years before, and the University of Oregon held his place while he did 2 years of alternate service as a conscientious objector, for which we are immensely grateful. I figured that if they didn’t accept me I would go along with him when he started and see if I could do research and be reconsidered the following year. Luckily, they did take me, and they provided an exciting behavior therapy training experience. At the time I was in grad school, 1972 to 1976, AABT was young and I joined as a student member my first year in grad school, as I recall.

What circumstances led you to run for AABT office? I very much enjoyed AABT conferences and felt that it was the most like-minded professional organization for me. I wanted to be able to

give something back to the organization, so I let Johnny Matson, who had been an intern with Bob and me, know that I was interested in volunteering; Johnny was then the Coordinator of Membership Activities. He asked me to chair the Membership Committee, which I eagerly did. Following that, I was asked by Dennis Russo to become the Coordinator of Membership when Johnny's term ended, and I again gladly accepted. As my time as Coordinator was nearing an end, I decided to run for Representative-at-Large, because I really didn't want to leave the Board. The next step after that was to run for President, which I did with great reservation. I am deeply grateful to Linda Sobell, who urged me vigorously to run and supported me warmly. Also, in part I ran—and ran a second time after losing to Art Freeman my first time out (lots of us ran more than once!)—because it meant a lot to my daughter, who was then in her teens. She let me know that my involvement in AABT governance was important to her sense of future possibilities as a woman, and that felt very powerful for me.

What is your most memorable experience as president?

I'll pass on this one, because it involved a controversial issue that could be hurtful to others to revive. But the second most memorable experience was the convention my presidential year. I had dreaded the presidential address, and knowing it would come was the sole discouraging factor in my decision to run for President. In the end, it was fun and I look back on it with pleasure. In addition, I remember the fun of introducing Betty Friedan to speak on aging and then having dinner with her afterwards, along with some of my favorite AABT people and my mother. And I got to have two personal friends, who do wonderful work, give invited addresses—Ricardo Muñoz, a graduate classmate from Oregon, and Peter Lewinsohn, my mentor and an inspiring researcher and clinician.

What are your other interests in life? I have lots of interests, and definitely not enough time to spend with all of them. I spend too much time working—but I do love that, too. In somewhat random order, other interests include my family, gardening, the beach, swimming, hiking, camping, opera, wine tasting and volunteering with local wineries (everything from planting to crush to bottling), reading (a life passion is the annual Dickens Universe conference at UC Santa Cruz—the only conference that rivals AABT in my heart)—that's enough to give a sense of how busy life can get!

What advice do you have for graduate students or new professionals? Do what you love to do! A career is not a straight line in which you plan each step along the way and there's a clear "right way" to do it. What should connect the twists and turns is that you have been following your own sense of what's exciting, worthwhile, rewarding and lets you do the work you want to do, with people you care about, in a place where you can build a caring community.



Steven C. Hayes

AABT President from 1997–1998

BRIEF WORK HISTORY: I got my degree at West Virginia University and did my internship at Brown (in David Barlow's first class there—1976). I did a 10-year stint in the then-just-forming clinical program at University of North Carolina at Greensboro, working particularly with former AABT President Rosemary Nelson and with the late Aaron Brownstein—a brilliant basic behavior analyst. In 1986 I came to the University of Nevada and have been in Reno ever since—first as director of clinical training, then as chair, and now simply as a professor.

What influenced your involvement in behavior therapy? Since high school I have seen psychology as a place to mix science and humanistic/artistic issues. I am a child of the 60s, drawn to behaviorism by its utopianism and its scientific rigor, but also interested in T-groups, Gestalt therapy, Maslow and peak experiences, and anything Eastern. *Walden II* drew me in. Science kept me in. I was always also interested in experience, meaning, and spirituality.

My first exposure to behavior therapy was in 1966 by a new Ph.D. faculty member (Irving Kessler, a recent graduate of the University of Southern California) who was a behavior therapist. My first undergraduate paper was on the use of flooding and implosive therapy to extinguish difficult thoughts and aversive bodily sensations. The ACT work, many years later, ended up amplifying themes I had in mind from the very beginning.

I went on to graduate school at West Virginia University, which showed me how to be a radical functionalist, and how to think in a systems manner. In 1973 Willard Day visited WVU and challenged us to find a way to understand language. I adopted that as a mission, and I have retained it throughout my professional life.

Put all of that together, and my work makes sense: behavior analytic work on language and cognition leading to a form of therapy that mixes the scientific rigor of behavior therapy with the experiential therapy traditions.

What circumstances led you to run for AABT office?

This was a mystery. I was called and told that I was nominated and asked if I would run. My immediate reaction was terror (see below) but I found myself saying, "Yes, of course." When I told my colleagues of the nomination they said (meaning it) that Steve Hollon was being nominated and I was probably called by mistake. I called Mary Jane Eimer back shamefacedly—it seemed certain that a mistake had been made. I could not reach her but left a message explaining the likely mistake. She called back to say that there had been none.

I still have no idea why others in the field thought of me spontaneously. . . . Perhaps it was the visibility from APS and AAAPP (I was AAAPP President when I was nominated).

Substantively I ran because I thought I could help AABT become more of an activist organization, and because I thought it was healthy to have a behavior analytically oriented president mixed in with more cognitively focused presidents.

What is your most memorable experience as president?

My presidential address was an unbelievably intense experience. I

was nearly ecstatic when I pulled it off. I once had a panic disorder and it was a huge step for me to do that talk while remaining conscious, never mind while saying something I felt passionately about. Fifteen years earlier, it would not have been possible.

More substantively, I recall the Board meetings and working with some of the best and the brightest in the field to make AABT a more proactive organization.

What are your other interests in life? I boat, ski, play music, work out, raise my kids, and do carpentry. Truthfully, other than spending time with my children, I mostly do psychology.

What advice do you have for graduate students or new professionals? Find your passion and feed it.



Steven D. Hollon

AABT President from 1998–1999

BRIEF WORK HISTORY: After completing my internship with Aaron Beck at the University of Pennsylvania, I started as an assistant professor at the University of Minnesota in 1977 and then moved to Vanderbilt in 1985 where I have been ever since.

What influenced your involvement in behavior therapy? Life is too short not to be effective.

What circumstances led you to run for AABT office? I very much value the organization.

What is your most memorable experience as president? Neil Jacobson's death in June of 1999.

What are your other interests in life? I like to run and I like to travel.

What advice do you have for graduate students or new professionals? Do good work and take chances.



Arthur M. Nezu

AABT President from 1999–2000

BRIEF WORK HISTORY: Currently Professor of Psychology, Medicine, and Public Health and Director of the Center for Behavioral Medicine and Mind/Body Studies at Drexel University (recently merged with MCP Hahnemann University) in Philadelphia. Previous positions: Senior Associate Dean for Research, Chair of the Department of Psychology, Director of the Ph.D. Program in Clinical Psychology (MCP Hahnemann University); Director of Psychology and Director of Research in Psychiatry (Beth Israel Medical Center, New York City); Associate Professor of Psychiatry (Mt. Sinai School of Medicine, New York); Director of Clinical Training (Division of Psychological Services)

and Associate Professor of Psychology (Fairleigh Dickinson).

What influenced your involvement in behavior therapy? I have always had a strong interest in science, having a background in math and engineering. This naturally provided for me, in part, a worldview by which to better understand human nature, which has always been my passion. Moreover, because I have always had an affinity for “things that work,” behavior therapy seemed to be the obvious choice of a therapeutic orientation when it came to learning how to help people. Both my undergraduate and graduate training at SUNY at Stony Brook served to reinforce and enhance such beliefs.

What circumstances led you to run for AABT office? I believe strongly that one should serve in “public office” (i.e., non-compensated work) in order to promote and enhance the profession, both in terms of psychology and behavior therapy. With regard to AABT, I have had the privilege of serving in many capacities prior to becoming President, including Editor of *the Behavior Therapist*, Program Chair for one of the annual conventions, and Chair of the Committee on Awards and Recognition. Running for AABT President seemed to be the next logical step.

What is your most memorable experience as president?

Having my wife and family with me when I gave my presidential address. A close second was having my friends, including members of the AABT central office, in that same audience clapping for me even if I didn't make any sense (but I hope I made you laugh!).

What are your other interests in life? My wife and children, clothes shopping, traveling, food, classical music, opera, wine, video games, movies, the Jersey shore, museums, reading, walking, dancing, ghost stories, and computers.

What advice do you have for graduate students or new professionals? Roll up your sleeves, smile, write the best software for the hardware that you were born with, and always try to maintain a spiritual balance in your life.



Marsha M. Linehan

AABT President from 2000–2001

BRIEF WORK HISTORY: 1969–1972: Lecturer, Psychology, Loyola University of Chicago; 1972: Adjunct Assistant Professor, Psychology, State University College at Buffalo; 1973–1975: Adjunct Assistant Professor, Institute of Pastoral Studies, Loyola University of Chicago; 1973–1977: Assistant Professor, Psychology, The Catholic University of America; 1977: Assistant Professor to Professor, Psychology, University of Washington; 1981: Adjunct Assistant Professor to Professor, Psychiatry and Behavioral Sciences, University of Washington; 1991: Visiting Scientist, Medical Research Council, Applied Psychology Unit, Cambridge University, Cambridge, England.

What influenced your involvement in behavior therapy? My original plan was to be a psychiatrist in a state hospital

taking care of severely disturbed patients. I would have gone to medical school and might not have ended up a behavior therapist. Jumping up to speak in an undergraduate perception class, the professor asked me for evidence for my point of view. The thought of having evidence had never occurred to me. She opened the world of empirical evidence to me and from there I realized that there weren't effective treatments for state hospital inpatients and then worried that the life of being a state hospital psychotherapist might be a life of failure. So, I decided to be a researcher instead and switched to psychology. My undergraduate social psychology professor told me that clinical psychologists knew nothing about research and therefore I should get a Ph.D. in social/experimental personality psychology and then do a postdoctoral internship. I did that and found Mischel and Bandura, who together validated my emerging points of view and transformed my image of what I could do. When I discovered (on a postdoctoral, nonapproved internship with all suicidal patients) that I could not learn how to do therapy just from those two books (even though I learned a lot), Jerry Davison and Marv Goldfried took me on as a postdoctoral fellow and supervisee and solidified my involvement in behavior therapy.

What circumstances led you to run for AABT office? I ran for office three times (most people don't remember that). The first two times, I think I was running mostly because I felt I had a lot of controversial things to say about health care and I thought that if I were President of AABT people would listen and take seriously what I had to say. The third time I ran, it was because I had already run two times and I didn't want to be a quitter. Plus, I still thought I had something to say and also thought I might be able to contribute.

What is your most memorable experience as president? Two things: (1) the shock of finding out we were in deficit and that I would have to get us out of that during my term, and (2) the sheer joy of receiving such a positive response to my presidential address on the treatment of suicidal behaviors, a topic dear to my heart.

What are your other interests in life? Zen has been an abiding part of my life for years; my extended-family and weekly "Wednesdays at Marsha's" gourmet dinners for family and friends; working with Marie Institute for Behavioral Technology (a non-profit institute I founded that owns Behavioral Tech, a training group I founded); and, of course, my work. I really love all of it.

What advice do you have for graduate students or new professionals? Stay on your own path. There is an old Zen saying, "When you are on your own path and knock on the door, all doors open; when you are someone else's path, all doors stay closed."



Richard G. Heimberg

AABT President from 2001–2002

BRIEF WORK HISTORY: 1977: Ph.D., Florida State University; 1978-1996: Professor of various ranks at the Department of Psychology, University at Albany, State University of New York; 1982-1996: Director, Social Phobia Program, Center for Stress and Anxiety Disorders, University at Albany, State University of New York; 1986-1996: Founding Partner, Albany Psychological Associates (group psychological practice); 1995-2000: Associate Editor, *Cognitive Therapy and Research*; 1996-present: Professor, Department of Psychology, Temple University; 1996-present: Founder and Director, Adult Anxiety Clinic of Temple University; 2002-present: Director of Clinical Training, Department of Psychology, Temple University.

What influenced your involvement in behavior therapy? There are many influences. Probably the first came in my course in abnormal psychology at the University of Tennessee about 30 years ago. The textbook was Ullman and Krasner's *A Psychological Approach to Abnormal Behavior*, one of the very first behaviorally oriented psychopathology texts. My mentor in graduate school, Charles Madsen, Ph.D., was an early cognitive-behavior therapist, and he had a great influence on my future thinking. However, from the time I was a graduate student and attended my first meeting of AABT in 1976, this association, its membership, and its annual meeting have had a profound influence on me and have positively reinforced my continuing involvement in behavior therapy.

What circumstances led you to run for AABT office? I had never given running for office in AABT any serious thought until I received a call one day from Rose Zimering, who was the Chair of the AABT Committee on Nominations and Elections at the time. She informed me that I had received a number of nominations and asked me if I was willing to run for the office of Representative-at-Large. After some consideration, I agreed to do so, and I was soundly defeated: not once, but twice. I won on the third try and became a Representative-at-Large in 1997.

I had never considered myself to be presidential material, and like many other people who have had even fleeting thoughts about running for President, I knew that if you are elected President, you have to give "the speech." Nevertheless, I decided to run for the office of President after my term as Representative-at-Large had expired. I wanted to stay involved with AABT governance because my term as Representative-at-Large had been a very positive experience. However, the biggest influence was probably the urging of two of my good friends, both past AABT presidents, Phil Kendall and Tom Ollendick.

What is your most memorable experience as president? Clearly, the most memorable moment to me was "the speech" and all that surrounds it. I don't mean the anticipatory anxiety, but the opportunity to talk to the membership about something very important to me (I spoke of my work on the understanding and treatment of social phobia) and to thank the many people who have contributed to the effort over the years. In fact, I became quite emo-

tional at the beginning of the speech and did not know if I would be able to continue. However, I did, and it will always remain a golden moment. So will the photo session with students and postdocs past and present right after the talk was over. No one should avoid the office because of the speech. It was a wonderful experience (so was the party afterward!). Probably more important, but less of a specific moment, was the situation that I was faced with as President. The Board of Directors and I were presented with a very bad fiscal situation, and we spent most of the year trying to figure it out and to implement plans to do something to fix it and minimize the chances that it would happen again. I had to make some hard decisions, and M. J. Eimer, AABT's Executive Director, and I joked more than once that I will be remembered as AABT's "slash-and-burn" President. Maybe so, but the budget is now in good shape and we were also able to start a number of new initiatives such as the AABT listserv and the development of electronic submission for the annual convention. Many of my warmest memories are of my weekly phone calls with M. J. Eimer. She is special and special to me. She, Mary Ellen Brown, and David Teisler (the "big three" from the AABT central office) have endeared themselves to me for eternity.

What are your other interests in life? Workwise, my main interest is in working with my graduate students and mentoring them to be all they can be. Outside of work, I love to spend time with Linda, my wife of 18 years. We love to go to the movies and we enjoy working out together. I also am a fanatic hockey fan, rooting for the Philadelphia Flyers. This is an addiction I share with my son Chris, and we often go to games together. I also love to ski, but I don't get to do it as much as I would like.

What advice do you have for graduate students or new professionals? I have always considered this life to be a series of challenges. Each day, I find that I am doing things that I had not conceived of the day before. The best single piece of advice I can give to a graduate student or new professional is to embrace this attitude, to move toward new challenges instead of away from them. You will be very surprised at what you can accomplish if you give yourself the chance. The second bit of wisdom is that important things do not always come easily. This is certainly true, whether it is landing that dream job, getting an article published, getting a grant funded, or whatever it may be. Persistence is a virtue that is almost always rewarded. At the end of the day, it is not the smartest one who is still standing. It is the one who would not quit. This sounds like a cliché, but it is worth your serious consideration. The last thing I would say is this— Get involved in AABT. It is a rewarding experience.

|||||

AABT

There's a lot
New
happening
at AABT



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We've changed our membership year so that it begins in November. This will make it easy for you to renew your membership AND register for the convention, all at the same time.

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Convention 2003

A Sneak Peek at the Best of Beantown: Our Guide to the Hub

Donna B. Pincus, *Boston University*, and Michael W. Otto and Hannah E. Reese, *Massachusetts General Hospital and Harvard Medical School*

Boston: A Quaint, Historic Town

Boston, a.k.a. “Bean Town,” a.k.a. “the Hub.” Regardless of its name, Boston offers AABT members attending the 37th Annual Convention nearly four centuries of history and innovation. The Boston Tea Party, the shot heard around the world, and lamplights in the old North Church are icons of the area’s history, but a lot has been happening since the 1770s. The 1800s in Boston and Cambridge brought the invention of the sewing machine, surgical anesthesia, telephone, and Gillette’s safety razor. The innovations of the 1900s included baby formula, mutual funds, the first programmable digital computer, microwave ovens, instant film, and the first e-mail (OK, we apologize for that last one).

The Boston area is home to over 65 colleges and universities, a force keeping historic Boston vibrant and hip. The unique mix of old and new is represented well in the Back Bay, the neighborhood surrounding the Marriott Copley Place, our conference hotel. As might be inferred from its name, the Back Bay area was considerably different in its early days—well, it was underwater. But in the early 1880s it was filled, and within the next 10 years the area became an upscale neighborhood characterized by ornate brownstones, beautiful churches, and access to the Charles River. Over 100 years later, the Back Bay has kept its upscale image and has become a home of shopping, dining, socializing, and sightseeing.

Getting Oriented

If you need to get oriented to Boston, head straight up to the Skywalk or the Top of the Hub; both are in the Prudential building (floors 50 and 52) and offer panoramic views of Boston. But if you want a more personal experience, try a walking tour. Several blocks north of the hotel is the **Esplanade**, an emerald band of parkland that runs ribbonlike alongside the Charles River. Northeast of the hotel lies Boston’s famous **Public Gardens** and the **Boston Common**, offering statuary ranging from General Washington on his horse to Mack, Jack, Quack, and the rest of the gang as depicted in Robert McCloskey’s children’s book, *Make Way for the Ducklings*. Of the many works in the Boston Common, one of our favorites is the bronze relief *Shaw Monument* (honoring the Civil War African American regiment) to be found directly across from the gold-domed **Statehouse**. For your walk, bring a warm jacket; although the average daytime temperature in Boston in November is 45° F, weather that is 10° F either way of this mark would not be unusual. Another way to get oriented is to pick up a “Where” Boston book

and map, available at the Local Arrangements desk at the conference.

Neighborhoods in Brief

The **North End**, Boston’s “Little Italy,” is home to many of the best Italian restaurants in the city; the **Waterfront area** is home to New England Aquarium, Faneuil Hall, harbor cruises and whale-watching expeditions; the **Back Bay** is a carefully planned neighborhood filled with stylish shops, brownstones, and sidewalk cafes; **Beacon Hill**, an elegant neighborhood, home to the Boston State House, is filled with brick sidewalks and narrow cobblestone streets lit by gas lamps; **Chinatown**, home to authentic Asian restaurants, groceries, and other businesses, is the third-largest Chinese community in the country; **Cambridge**, a distinct city of its own, is home to many universities, excellent music venues, bookshops, and funky stores; and the **South End**, home to many art galleries, some of the city’s newest restaurants and shops, is one of Boston’s most ethnically and socially diverse areas.

Eating Well

If you are looking for high-end food close to the hotel, consider **Clio**, **L’Espalier**, **Hamersley’s Bistro**, or **Mistral** in the general neighborhood, but don’t forget to make reservations for these restaurants far in advance of your travel to Boston. For the regular AABT sushi crew, a short walk down Huntington Ave. to **Gyuhama**, or the new **Osushi** in the Westin Copley Place, can satisfy. But if you are in the mood for Chinese food, take a cab to Chinatown and grab a casual but scrumptious meal at **Grand Chow Chow**, **Jumbo Seafood**, or **New Shanghai**. For irresistible Italian food, a trip to the North End is a must, with **Sage**, **Taranta**, **Il Panino**, and **Terramia** among our top picks. Italian pastries for dessert are a must during any trip to the North End—check out **Mike’s Pastries** and **Café Vittoria** on Hanover Street for a cappuccino or espresso and perhaps some tiramisu or a fresh-baked pastry. If you feel like a trip to Cambridge, perhaps as part of a visit to Harvard, don’t forget to have iced or hot chocolate at **Burdicks**. Want a relatively inexpensive restaurant close to the hotel, to grab some food and catch up with old friends? Check out **Joe’s American Bar and Grill**, or **Charley’s Eating and Drinking Saloon**, on Newbury Street, near Copley Square, or **Papa Razzi**, also just steps from the Copley Square T stop.

Quick Bites Near the Hotel

If you are looking for a quick bite and cheap eats near the hotel, there is an **Au Bon Pain** on the ground floor of the pedestrian mall at the Westin Hotel, which is connected to the Marriott. There are **Starbucks Coffee** stands at two locations in the Copley Place Mall. Want a quick, unique dining experience? **Marche Movenpick** has a fresh and varied selection of food—whether you are craving a fresh crepe filled with bananas, strawberries, and hot fudge, a fresh salad, a grilled steak, fresh fruit, or brick-oven pizza, Marche has it all, and it is located right in the Prudential Mall.

Dinners With a Local

If you are new to AABT or just new to the Boston area and would like to join a group for dinner, members of the Local

Arrangements Committee will be hosting dinner groups at various restaurants on the Friday and Saturday evenings of the conference. Sign-up sheets for these dinners (with approximate price ranges) will be posted in the conference area. Please feel free to join a group for your dinners in Boston. We have chosen a variety of restaurants in an array of price ranges to suit a variety of palates and pocket-books.

Shopping

The Marriott hotel sits at one end of the Copley Place, a mall with over 100 shops. Additional shopping is offered by nearby **Newbury Street**, with its blocks of extravagant shopping of all kinds, ranging from **Zegna** for a new tie or to **Hope** should you need an extra crystal or charm to help you with your latest grant application. Boston's Newbury Street is Boston's ritziest promenade, and has a style all its own. From Arlington Street to Massachusetts Avenue, Newbury Street is home to more than 150 elegant and upscale shops, more than 40 restaurants (some with outdoor café seating for the warmer days), over 40 art galleries, and, though you might not believe it, over 100 hair salons and beauty day spas. So, whether you are looking for a quick facial, massage, or manicure, a new home accent, a new Parisian perfume, a sophisticated new suit or shoes to "glam up" for your next symposium, or new evening-wear for the AABT dance, you can find it all on Newbury Street, and can stop for lunch at a wide variety of exciting restaurants along with other well-dressed Bostonians when you need a break. The tree-lined street is a great place to window shop, stroll, and spend either a short break or an entire afternoon. The atmosphere on Newbury Street changes along its span of eight blocks; on one end you can find the city's recently renovated and resplendent **Ritz Carlton**, and on the other end you find an eclectic student hangout, complete with Starbucks, a skateboarding and surf shop, and a **Virgin Music Megastore**. Although Newbury Street is often compared to Beverly Hills' Rodeo Drive or New York's Fifth Avenue, we think Newbury Street has a charm of its own, and is worth the stroll.

Art/Museums

Come a day early or stay after the conference so that you can visit one of the 20-plus museums in the Boston area (www.museumsofboston.org). At the top of our list are the **Museum of Fine Arts (MFA)**, the **Isabella Stewart Gardner Museum**, and the **Harvard Museums**. The collection at the MFA is so large and varied that you may want to plan your visit by examining the on-line collections database at www.mfa.org/home.htm. During the month of November, the MFA will be showing a special exhibit: "Rembrandt's Journey: Painter | Draftsman | Etcher." In addition to the art, the courtyard at the Isabella Stewart Gardner Museum offers a dramatic setting for daydreaming (www.gardnermuseum.org), and in Cambridge, the Arthur M. Sackler, Busch-Reisinger, and Fogg Museums of Harvard await you (www.artmuseums.harvard.edu).

Nightlife

For grabbing a drink, **Bar 10** offers a polished setting in Westin Copley Place, or for something a bit noisier, try **Solas**, an Irish bar at 710 Boylston Street to get one of the dozen beers offered on tap. For a local, neighborhood bar with no frills or pretense, head to **Last Drop**, 421 Marlborough St. It can get crowded, especially late, but offers a good juke box and relaxed feel. **King's Lounge**, a new

sports bar/lounge that offers billiards and 16 lanes of bowling, is a fun, relaxed place to spend a few hours. Right next door to King's, you'll find **Bukowski's**, a beer-drinker's bar, with a diverse crowd and unique atmosphere in an undersized establishment. If you're looking for that perfect martini, you'll find a range of options at **Vox Populi**, 755 Boylston St., a young, trendy venue with comfortable leather couches upstairs if you're lucky enough to grab one. **Oak Bar**, in the Fairmont Copley Plaza Hotel offers a more upscale and intimate setting for a drink. With its impressive and elegant décor, you can relax to the sound of live jazz. For a relaxed setting and great burger, stop by **The Pour House Bar and Grill**, 990 Boylston St., where you'll find a lively crowd. For those of you wishing the conference were in a warmer climate, head to the **Cactus Club**, at 939 Boylston St., for a touch of the southwest while you're in Beantown. This place serves a fantastic margarita and fiery Mexican grub in a casual atmosphere. Also, new to the Back Bay, the **Summer Shack**, 50 Dalton St., will transport you to the days of summer with an oyster bar, plenty of fresh seafood, and interesting cocktails in a fun and casual atmosphere. If you feel like putting on your dancing shoes, **The Roxy**, 279 Tremont St. in the Theatre District, offers dancing, seven bars, and various theme nights ranging from techno to salsa—check a local listing to find out what's in store for the weekend you're in town.

Great Neighborhood for a Walk: Beacon Hill

Want to go where everyone knows your name? Do you want to get a taste of quaint, charming, and historic Boston? Look no further than the neighborhood of **Beacon Hill**. Nestled between the **Charles River**, **Back Bay**, and **Boston Common**, Beacon Hill is complete with gas street lamps, the State House, venerable homes, a multitude of antique shops, cobblestone and brick sidewalks, stylish boutiques, cool pubs, and upscale, innovative restaurants. Also, Beacon Hill is the home to the most photographed street in Boston: **Acorn Street**. It has gas-lit lamps, window boxes overflowing with ivy and flowers and American flags, and iron boot scrapers, and is tucked away off **Chestnut** and **West Cedar** Streets.

Quincy Market and Faneuil Hall

Faneuil Hall, nicknamed the "cradle of liberty" is now a lively complex of shops, food stands, craft pushcarts, brick and stone plazas, street performers, restaurants, bars, and public spaces, in an urban setting. Faneuil Hall was built in 1742 and was given to the city by the merchant Peter Faneuil. Faneuil Hall is an early American marketplace that has more than 125 shops and restaurants and is located across the street from the Boston waterfront, one of the oldest ports in the United States. **Quincy Market** is located in Faneuil Hall Marketplace, and is filled with tempting food counters, containing everything from Italian gelato to Boston Clam Chowder. Faneuil Hall is almost always bustling with lively crowds who are eating, watching performances, shopping, people watching, and enjoying the day. National Park Service rangers give free 20-minute talks on the history of this historic landmark every half hour from 9 to 5 on the second-floor auditorium.

Fun Run (or Walk) on the Charles

There are several great places to take a run in Boston, and at this year's Boston Convention, the Local Arrangements Committee will be taking you to the best. **The Esplanade** contains a recreational path along the **Charles River** that is used by Bostonians all year round for biking, running, in-line skating, and walking. We partic-

ularly like the 6-mile round-trip loop, starting at the **Longfellow Bridge** to the **Boston University Bridge**. We will have routes planned for advanced runners, beginning runners, as well as a walking route, complete with a volunteer guide for each trip! Check out routes and sign up for a trip at the Local Arrangements desk.

Theatre

Boston has much to offer in the area of theatre and the arts. We have reserved group tickets for several shows throughout the weekend for Boston's longest-running play, *Shear Madness*, a "whodunit" comedy/murder mystery set in a unisex hair salon on Newbury Street. Show times and sign-up information will be included in the AABT Program book. In addition, the Off-Broadway sensation **Blue Man Group** has been making an impact on Boston since 1995, and includes lots of humor, rock music, percussion, Twinkies (yes, Twinkies), props, blue paint, and, of course, three blue men. Definitely worth checking out! Also, check out the **Wilbur, Shubert, Colonial, and Wang Theatres**, home to many of the shows coming from or going to Broadway!

Tours of Boston

A tour of Boston is a great way to get oriented and a fun way of seeing the best highlights of the city. And Boston has a wide variety of tours to choose from. If you are into a great tour by land and by water, try the **Boston Duck Tours**, where character-themed drivers and guides take you on a World War II amphibious vehicle on a ride around the city—and for a splash in the Charles River. Other choices include the **Old Town Trolley** (kids ride free on this tour!), the **Boston Trolley Tours**, or **Beantown Trolleys**. We also recommend the **Boston Harbor Tours**, which offer many options for taking a narrated trip around the Boston Harbor. Several of these harbor tours will take you to the **USS Constitution**, where you can even climb aboard! Also, for chocolate fanatics, you can't miss the **Chocolate Tour**, a 3-hour tour that not only gives chocolate history, but ends at the famous **Chocolate Bar Buffet** at the **Julien Restaurant** in **Le Meridien Hotel**.

Boston for Kids and Families

Are you deciding whether to take the whole family along to this year's AABT conference? Boston is a great place for children, and there are many child-friendly activities to do around the city. Some of our top picks: Before coming to Boston, read young children Robert McCloskey's book *Make Way for Ducklings*. Then, when you arrive to Boston, take kids to the **Arlington Public Garden** and check out the row of bronze ducks waddling their way across the grass; take a camera, as this is Boston's most popular photo op in the city for young kids. Or, take a **Boston by Little Feet Tour**; take your child and walk the **Freedom Trail** and learn all about the history of Boston's neighborhoods in a 1-hour tour especially for kids. Or, perhaps the most popular children's activity—the **Children's Museum**, a museum filled with interactive exhibits especially for children. You know you've found it when you see the 40-foot-high red-and-white milk bottle out front. Also, check out the **Museum of Science**, featuring professional storytellers, a planetarium, an observatory, the **Mugar Omni Theatre**, and exhibits on everything from lightning to robots. If you think that sharks and penguins and tropical fish are sure to keep youngster's attention for an afternoon, explore the **New England Aquarium**, home to sea lions, penguins, and many underwater creatures—daily shows! Also, for older chil-


dren/adolescents, check out the **Blue Man Group**, described in our Theatre section.

Spelunking? In Boston?

You've probably heard of **Boston's Big Dig**, the largest highway project in American History. If you haven't heard about it, and want to learn about this ambitious project to move Boston's main elevated expressway underground by 2004, you can do so while you're here. There are state-of-the-art construction techniques to learn about, from the widest cable stayed bridge in the world, to immersed tube tunnels. So, if you are ready to do some spelunking on your own, you can print out a map from the Big Dig's website (www.bigdig.com) and take a self-guided walking tour from South Station. Also, while on your tour, check out the artwork of the Big Dig, which are murals created by children of Boston of their visions of how the city will look when the project is completed. You also might check out the **Museum of Science**, which has interactive exhibits and finished project models. Is archeology more of your thing? Then check out the **Commonwealth Museum's** exhibit "Archaeology of the Central Artery Project: Highways to the Past," which includes artifacts unearthed in the construction, such as Colonial toys and shoes, or the oldest bowling ball in North America.

Sign up for Boston!

During your stay in Boston, we encourage you to take advantage of this historic, vibrant city and all it has to offer. Take a stroll on the cobblestone streets of Beacon Hill, the sidewalks of Newbury Street; visit the Freedom Trail, vibrant Faneuil Hall Marketplace, and our world-class museums. The charm of Boston lies within its old-world atmosphere and its contemporary, international flavor. Come early or stay late; we invite you to discover Boston's uniqueness and share the excitement, warmth, and hospitality of the people of Boston.

Look for your AABT program books to arrive at your mailing address and register for the conference right away. Or if you cannot wait, go ahead and examine the preliminary conference listings at the AABT website. *This year you can register for the conference on-line at www.aabt.org.* We hope you will attend the 37th annual AABT conference, and we look forward to seeing you in Boston. 



QUINCY MARKET/FANEUIL HALL, BOSTON

Classifieds

Classified ads are charged at \$4.00 per line. Classified ads can be e-mailed directly to Stephanie Schwartz, Advertising Manager, at sschwartz@aabt.org; otherwise, please fax or mail hard copy to AABT, 305 Seventh Ave., New York, NY 10001 (fax: 212-647-1865).

Positions Available

COGNITIVE-BEHAVIORAL THERAPY (CBT), THE UNIVERSITY OF CHICAGO.

The Department of Psychiatry at the University of Chicago is seeking a full-time faculty member to provide clinical services and conduct research in CBT. The applicant would provide direct clinical care, provide training for psychology interns and psychiatry residents, and develop an investigational program applying CBT to mood or other mental disorders. The candidate should have a PhD and possess or be eligible for Illinois licensure. Faculty rank and salary are commensurate with qualifications and experience. Please send current c.v. and cover letter to Larry S. Goldman, MD, Director, Adult Psychiatry Section, Department of Psychiatry, 5841 S. Maryland - MC3077, Chicago, Illinois, 60637. Applications from women and under-represented groups are particularly encouraged. The University of Chicago is an equal opportunity, affirmative action employer.

BEHAVIORAL PSYCHOLOGIST. Multi-disciplinary practice in suburban Philadelphia seeks licensed psychologist for full or part time. Must have strong training in CBT and desire to practice free of managed care. Fax vita to Margaret Sayers, Ph.D. 215/396-1886

NIMH-SPONSORED POSTDOCTORAL FELLOWSHIPS IN STRESS AND TRAUMA RESEARCH. The National Center for Posttraumatic Stress Disorder (PTSD) at the VA Boston Healthcare System announces the availability of up to four NIMH-supported postdoctoral fellowships to begin September 1, 2004. The fellowships have a two-year term and are designed to train psychologists in the scientific study of stress, trauma, and PTSD. Fellows will work in the two Boston divisions of the National Center (Behavioral Science and Women's Health Sciences), both of which are affiliated with Boston University School of Medicine.

The primary objective of the training program is to prepare individuals for academically-oriented careers with emphasis on studying the effects of exposure to traumatic stressors. Fellows will have the opportunity to participate in ongoing research projects conducted by program faculty, initiate independent research projects, conduct secondary analyses on existing data sets, prepare applications to federal and other funding agencies for research support, and provide direct clinical services to PTSD patients under the guidance of a clinical supervisor.

Each fellow will be assigned one or more senior faculty members who serve as primary mentors. Additional collaboration with other faculty members is encouraged. Eighteen core faculty currently are active in the training program and bring to it expertise in a wide variety of areas in PTSD research with veterans and civilians, including: cognitive-behavioral treatment methods; health-related aspects of trauma and PTSD; gender-related stress and gender correlates of PTSD; development and validation of assessment instruments; psychophysiological study of emotion and emotional processing; the identification of risk factors for PTSD; early interventions for trauma and traumatic loss; the interface of personality and PTSD; the neurobiology and behavioral genetics of PTSD; application of advanced statistical approaches to the study of stress and trauma; electrophysiological and behavioral investigation of information processing; and traumatic stress experienced by special populations including motor vehicle accident survivors, refugees, older adults, and individuals with HIV infection. In addition, adjunct faculty with expertise in minority issues, substance abuse, and psychopharmacology are available to the training program.

The National Center for PTSD is widely recognized for its research accomplishments and leadership in the area of traumatic stress. The Boston divisions offer outstanding resources that include technical support personnel, well-equipped psychophysiology and cognitive research laboratories, advanced computing facilities, and a broad range of professional expertise. The working atmosphere at the National Center is collaborative and supportive. Past postdoctoral fellows have launched successful independent careers in both universities and academic medical settings.

Priority will be given to individuals applying by November 15, 2003, but applications will be accepted until all positions are filled. The salary and benefits package is competitive, and supplemental funds are provided to support further coursework and other educational opportunities, conference attendance, and travel.

Application should include a personal statement of professional goals and interests, a curriculum vita, and three letters of reference. Minority candidates are strongly encouraged to apply. Applicants must have completed all requirements for the Ph.D. prior to starting the program. Graduate training in clinical psychology is preferred, but applications are welcome from candidates in related fields. Applications should be submitted to Daniel King, Ph.D., National Center for PTSD (116B-5), VA Boston Healthcare System, 150 South Huntington Avenue, Boston, MA, 02130. The VA Boston Healthcare System is an equal opportunity employer.

BEHAVIORAL HEALTH CONSULTANT wanted for our Crescent City, CA rural health clinic. Must be CA licensed (or willing to acquire) LCSW or Clinical Psychologist w/5 years of experience. Will ID, triage and manage pts

with behavioral health conditions in a primary care model in coord. with medical providers. BHC will provide skill training, pt. ed. strategies, and develop plans. Comp. salaries/exc. benefits in a beautiful rural setting. EOE www.OpenDoorHealth.com Fax: 707-826-8638 Phone: 707-826-8633, X140. A proud member of the North Coast Clinics Network.

EXCELLENT OPPORTUNITY FOR A PART-TIME BEHAVIORAL PSYCHOLOGIST to work in a well-established private practice. Applicants must have a doctorate in psychology and be on at least two major insurance panels (i.e., BC/BS, Tufts, Magellan, Harvard Pilgrim). Send resume to: Jacob Azerrad, Ph.D., P.O. Box 353, Lexington, MA 02420 or fax to 781-861-8637.

PRIVATE GROUP PRACTICE LOCATED IN PORTLAND, OREGON is looking for a Licensed Psychologist or Clinical Social Worker trained in Dialectical Behavior Therapy (DBT) or with a strong cognitive-behavioral background. For more information about the full-time position, please contact Soonie A. Kim, Ph.D., Director: Portland DBT Program, PC @ (503) 231-7854 x 12, or fax or email vita to (505) 231-8153 or skim@dsl-only.net respectively.

BEHAVIORAL PSYCHOLOGIST. Behavior Therapy Associates seeks cognitive-behavior therapist to join successful private practice on full-time basis. Strong background in assessment/treatment of full range of child and adolescent disorders required. Expertise in AD/HD desirable. Must have passion, combined with creativity, for self-marketing and desire to be free of managed care. Send resume: Steven B. Gordon, Ph.D., ABPP, Behavior Therapy Associates, P.A., 35 Clyde Rd., Suite 101, Somerset, NJ 08873. Call 732-873-1212.

POSTDOCTORAL FELLOWSHIPS IN ADOLESCENT FORENSICS. The Dept. of Psychiatry & Human Behavior, Brown University, is recruiting for two postdocs in adolescent forensics. Review of applications will begin immediately and will continue until the positions are filled or the search is closed. Women, minorities and protected persons are encouraged to apply. Preference is given to those with experience in juvenile corrections. Brown University is an affirmative action/equal opportunity employer, Instructions and a form for application can also be downloaded from our website: http://www.neuropsychiatry.com/DPHB/pages/training/training_psychology/applications.htm. (please select the Hospital-Based Fellowship option). Please send application/queries to: Anthony Spirito, Ph.D., Brown University, Clinical Psychology Training Consortium, Box G-BH, Providence, RI 02912.

Clinical Intervention Trainings

CHRISTOPHER G. FAIRBURN | 2 Full Days

A New, Transdiagnostic Cognitive Behavioral Treatment for Eating Disorders

WEDNESDAY, NOVEMBER 19, 9:00 A.M. – 5:00 P.M.

THURSDAY, NOVEMBER 20, 9:00 A.M. – 5:00 P.M.

Earn 14 CE credits

Eating disorders are one of the clearest indications for CBT. Nevertheless, the treatment has two major shortcomings. First, it is designed for just one type of eating disorder, namely, bulimia nervosa. Thus, it is only relevant to a subset of cases. Second, even with patients with bulimia nervosa, it is only partially effective. At best, only a half of the patients who receive it make a full and lasting recovery. At Oxford, a new form of CBT for patients with eating disorders has been developed. This is designed to address these two shortcomings. It does so in three ways:

1. It is “transdiagnostic” in its scope and therefore suitable for all forms of eating disorder, including anorexia nervosa, bulimia nervosa, and eating disorder not otherwise specified (EDNOS).
2. It uses a range of enhanced methods to address the specific eating disorder psychopathology, particularly patients’ overevaluations of their shape and weight.
3. It addresses other common obstacles to change through the use of four modules that focus on clinical perfectionism, mood intolerance, core low self-esteem, and interpersonal difficulties.

You will learn:

- The theoretical and clinical background to the new treatment, including the rationale for making the treatment “transdiagnostic” and the basis for the new enhanced methods and additional modules;
- How to formulate cases from across the full spectrum of eating disorders;
- How to design the treatment to suit the individual patient’s needs rather than his or her DSM diagnosis;
- How to decide when to deploy the four additional modules (that address clinical perfectionism, mood intolerance, core low self-esteem, and interpersonal difficulties); and
- How to implement these modules and integrate them with other elements of the treatment.

T. D. BORKOVEC | 1 Full Day

Cognitive Behavioral Treatment of Generalized Anxiety Disorder

THURSDAY, NOVEMBER 20, 9:00 A.M. – 5:00 P.M.

Earn 7 CE credits

GAD is one of the most common of anxiety disorders, both as a principal and as an additional diagnosis. Some have argued that it is the basic anxiety disorder from which the others often emerge. Despite its prevalence and importance, fewer therapeutic developments specific to this disorder have been made relative to most of the other anxiety disorders. This full-day session will provide clinical training in several cognitive behavioral techniques for GAD that have been developed from Dr. Borkovec’s clinical and experimental experience with GAD over the past 18 years. These will include: (a) self-monitoring of elements of anxiety process (cognitive, affective, physiological, and behavioral) and the learning of early anxiety cue detection;

(b) flexible deployment of multiple applied relaxation methods (paced diaphragmatic breathing, progressive muscle relaxation, guided imagery, meditation, and “letting go”); (c) in-session rehearsal of coping responses using flexible adaptations of self-control desensitization; (d) multiple cognitive techniques designed to facilitate more flexible and adaptive ways of perceiving, the emergence of “expectancy-free” cognitive styles, and more complete processing of present-moment experience. Training in these methods will be provided through didactic presentations and session videotapes. Throughout the day-long training, empirical information will be provided periodically to give strong foundation for the particular recommendations of specific technique applications for GAD and for possible future developments in its cognitive behavioral treatment. Of particular importance is the significant role played by early childhood attachment and adult interpersonal styles in the origins and maintenance of GAD and thus in its treatment.

You will learn:

- How to facilitate clients' self-monitoring of anxious process;
- How to instruct clients in applied relaxation techniques;
- How to use imagery as a way of rehearsing and reinforcing client coping skills;
- How to apply CBT methods specifically to GAD and worry;
- To become aware of the potential usefulness of certain interpersonal and experiential psychotherapy methods when working with GAD clients.

CHRISTINE A. PADESKY | 1 Full Day

Cognitive Therapy for Recurrent Problems: New Possibilities and Creative Paths

THURSDAY, NOVEMBER 20, 9:00 A.M. – 5:00 P.M.

Earn 7 CE credits

Persistent and recurrent client problems pose challenges for therapists. Can cognitive therapy be effective with recurrent depression, anxiety, relationship problems, personality disorders, and other chronic difficulties, even when standard protocols fail? This training is designed to help therapists practice conceptualization and treatment methods that help clients with recurrent problems (a) imagine new possibilities and (b) construct new underlying assumptions that serve as pathways to change. Dr. Padesky's recent work suggests that clients with recurrent problems who have not benefited from standard therapy approaches are ideal for these innovative interventions.

This training includes a clinical demonstration by Dr. Padesky illustrating each phase of this therapy process, including construction of creative behavioral experiments. Workshop participants learn and practice the following in structured exercises: (a) a collaborative case conceptualization format designed to reduce client shame and self-criticism, (b) methods to quickly identify old and new underlying assumptions, and (c) kinesthetic, imaginal, and symbolic methods to help clients envision new possibilities. These methods can be used with clients experiencing many types of recurrent problems, including personality disorders.

You will learn to:

- Construct a collaborative case conceptualization in a format designed to reduce self-criticism;
- Engage the creativity of clients with recurrent problems;
- Identify pivotal underlying assumptions and behavioral strategies linked to new possibilities;
- Employ metaphors, icons, and symbols more effectively to engage the experiential mind; and
- Observe processes that can lead to more creative behavioral experiments.

37th Annual Convention

Presidential Address

Jacqueline B. Persons, Ph.D.

“Empiricism, Mechanism, and the Practice
of Cognitive-Behavior Therapy”

Invited Addresses

Jon Kabat-Zinn, Ph.D.

“The Transformative Potential of Mindfulness-Based
Interventions in Clinical Practice: The Case of
Mindfulness-Based Stress Reduction (MBSR)”

Jerome Kagan, Ph.D.

“The Meanings of Anxiety and Its Varied Origins”

Ann M. Kring, Ph.D.

“Emotion and Emotion Regulation in Psychopathology:
On the Road to Conceptual and Methodological Clarity”

Gordon L. Paul, Ph.D.

“A Technical Gain Differing in Kind?”



*Mechanisms
of Action*

BOSTON, NOVEMBER 20-23



the Behavior Therapist

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