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Minutes, Leadership, Calendar

Spring Conference Keynote Summary Introducing the MMPI-2-RF

By Suzanne Zilber, PhD, Issue Editor

On the first day of the 2008 IPA Spring Conference, Dr. Yossef S. Ben-Porath from Kent State University presented the newly revised Minnesota Multiphasic Personality Inventory (MMPI), the MMPI-2-RF, which Pearson plans to launch in August, 2008.

The MMPI has been under development since the 1930s. The goal for the most recent revision was to increase the efficiency of test administration and enhance the construct validity of the scales by reducing the number of items, eliminating item overlap on the scales, reducing scale intercorrelations, and augmenting the clinical scales with additional measures. With 338 items, the MMPI-2-RF can be completed in 25–35 minutes on a computer and 45–55 minutes with the paper booklet.



Dr. Yossef S. Ben-Porath

The full text of this and other articles in this issue of *TIP* are available to IPA members at
<http://www.iowapsychology.org/tiparchive>

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Carmella Schultes: Winner of the APA Outstanding Psychological Association Staff Member Award

Excerpts from the nomination letter written by Michele Greiner, Immediate Past-President of IPA and Sam Graham, PhD, former IPA President.

The criteria for this award call for the recipient to serve as a mentor and role model for other staff. Of course, Carmella can not do this. As an independent contractor paid to work 25 to 30 hours a week, she has no staff. She does, however, do an outstanding job of mentoring association officers, committee chairpersons, and the future elected leadership of IPA. Each new president and leader is greeted with a call from Carmella telling us that her job is to support us and work toward making our year a success. Most of us have not had such a strong and nurturing advocate since our own parents or graduate advisors! Her support and leadership allow psychologists working with her to flourish. As the popular song goes, she is the "wind beneath our wings." Ψ



Schultes accepts APA honor.

To join IPA visit
<http://www.iowapsychology.org/join-ipa-home>

From the President: Showing Up

"The world is run by those who show up." Although not the official theme of the APA 2008 State Leadership Conference (SLC), the importance of showing up was expressed in many ways. Traditionally, psychologists are not known for their interest in "showing up." The problem is that there is no scarcity of non-psychologists who do show up to write laws, guidelines, and rules that significantly impact the way psychologists practice. For 25 years, APA has been hosting SLCs as a way to advocate for the needs of practitioner members. This year, six IPA members and IPA Executive Director Carmella Schultes traveled to Washington D.C. in March to participate in this effort. Ψ



Rachel Heiss, IPA President

First Place Student Poster Contest Winner

Counselor Self-Disclosure of Religious Similarity and Perception of Empathy: An Analogue Study

By Scott P. Young, MS, and Norman A. Scott, PhD

Empathy has long been acknowledged as an important, albeit poorly understood, part of the counseling relationship (Barone, Hutchings, Kimmel, Traub, Cooper, & Marshall, 2005; Duan & Hill, 1996). Hill and Nakayama (2000, p. 871) capture this in their question, "we know that . . . empathy is an important predictor of outcome, so what specifically does a therapist do that causes the client to feel the therapist is empathic?" By investigating the impact of a specific counselor behavior, religious self-disclosure, this study hopes to begin to answer that question.

This two-part analogue study investigated the impact of counselor self-disclosure on therapeutic empathy and working alliance by exposing 189 university student-participants to one of four randomly assigned, sex-matched, simulated counseling videos. The dependent measures included the Truax-Carkuff Accurate Empathy Scale (AES; 1967), Barrett-Lennard's Empathic Understanding Scale (EUS; 1962), and the Working Alliance Inventory (WAI; Horvath & Greenberg, 1989), a global measure of the relationship.

Planned comparisons, designed to examine the effect of various self-disclosure conditions on the three dependent variables, revealed that WAI ratings were significantly higher for the combined self-disclosure groups than for the non-disclosure control and WAI ratings for the matched religious self-disclosure condition were significantly higher than controls.

To examine the effect of various covariates, a series of ANCOVAs were performed and the five significant covariates included: agreeableness, conscientiousness, participant empathy, emotional intelligence, and emotional stability. When these covariates were partialled out, the mean of the combined treatment groups was significantly higher than the control for each dependent measure (WAI, Accurate Empathy Scale, and Empathic Understanding Scale). The findings indicated that counselor self-disclosures, whether religious or not, can have a positive impact on the therapeutic relationship. Implications for research, training, and counseling are discussed. Ψ

Scott Young and Norman Scott are affiliated with the Iowa State University Psychology Department. Please direct communications regarding this submission to Scott Young at: spy18@iastate.edu.



Scott Young accepts 1st place award in student poster contest from Mike March

To find out more about student membership in IPA visit
<http://www.iowapsychology.org/students-home>

Carole Kazmierski: 2008 Meritorious Achievement Award Winner

Nominated by Ann Ernst, PhD

Carole Davis Kazmierski, PhD, has served IPA in many capacities for many years. Her presidency in 2005 opened an opportunity for psychologists to be recognized and enlisted to aid several state programs including the Evidenced-Based Practice Task Force and the Department of Human Service's Post-Katrina Disaster Grant.

She also followed up on the American Psychological Association's study of the graying of psychology by initiating a study revealing the graying of psychologists in Iowa. This study led to the Iowa Legislature authorizing money to encourage the development of internships in the state.

An earlier survey, encouraged by her efforts, involved whether Iowa psychologists were interested in pursuing prescription privileges. This study, like her other initiatives, furthered follow-up activity by members of the association.

Kazmierski's own professional career has included clinical practice and service with the Social Security commission. She also has experience in academic instruction and recently taught in the Netherlands.

Accomplishments such as those above are noteworthy but, even more meritorious is her warm, courteous, and calm manner fostering her clinical work and IPA activities. Ψ



Carole Kazmierski accepting the 2008 IPA Meritorious Achievement Award.

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<http://www.iowapsychology.org/join-ipa-home>

Representative Mark Smith: 2008 IPA Service Award Winner

Nominated by Sam L. Graham, PhD

The graying of psychologists and the potential for the residents of Iowa to lose access to valuable mental health service is a great threat to the mental health and well being of Iowans. In our attempt to address this problem IPA approached the legislature last year for funding to try to create new internship programs.

When it became apparent that the budget would not support this effort last year, Representative Smith suggested a smaller grant to plan an internship program to bring back to the legislature for funding in 2008. IPA lobbyists, Amy Campbell and Craig Patterson, have highlighted the importance of Representative Smith's efforts in this endeavor commenting favorably about his support for this important project.

Representative Smith is committed to providing accessible mental health services to Iowans in underserved areas. Knowing we have his support will be critical as we continue to address the graying issue for psychologist and his continued leadership will be essential to meeting this goal. It is appropriate to recognize his efforts to assure access to care for our patients and his commitment to mental health care.

Representative Smith could not attend the Spring Conference, so the award will be presented to him at his office. Ψ

*The purpose of the
Iowa Psychological Association
shall be to advance psychology
as a science and as a profession.*

Bad and Good News for Mental Health in Iowa

By Don Damsteegt, PhD, Chair of the IPA Public Education Committee

The APA Public Education effort continues to focus on evaluating stress in America and offering tips for overcoming it. The latest effort to uncover stress was a poll of 1848 adults in September 2007 by Harris Interactive. A summary of the findings of the poll are listed on the IPA website under Public Education information. The whole report is available in the "2007 stress poll press kit" at <http://apahelpcenter.mediaroom.com>.

The bad news is that stress continues to be a major issue for Americans. About a third of poll respondents reported that they experience an extreme level of stress and nearly half of the respondents said stress negatively impacted their mental and physical health. Therefore, there continues to be opportunities for psychologists to educate the public about stress management. APA seeks to help us by sending out periodic news releases tied to calendar events.

For April the release is entitled Tax Day Stress. I send these releases to the IPA Public Education Committee

members. If anyone else would like them, please contact me at drdon@familypsychologyassoc.com.

The good news for mental health in Iowa comes from NAMI Iowa. Their winter 2008 newsletter contains an article reporting that Iowa ranks 4th in the nation as least depressed! This finding is based on a study entitled, "Ranking America's Mental Health: An analysis of depression across the states.". Complete rankings are available at www.mentalhealthamerica.net/go/state-ranking. According to NAMI the following factors are associated with lower depression: mental health resources, barriers to treatment (i.e. costs), mental health utilization, socioeconomic characteristics and health insurance parity. The least depressed states are South Dakota, Hawaii, New Jersey and Iowa. The most depressed states are Rhode Island, Kentucky, West Virginia and Utah. Interestingly, Washington D.C. has the lowest suicide rate at about 5.3 per 100,000, while Alaska has the highest at 23 per 100,000. Iowa is 24th at 11.46 per 100,000. Who would have known? Ψ

Welcome New Members

Melissa Buttner

Student member, Iowa City

Ellen Coman, PhD

Full member, Marshalltown

Dana Figlock

Student member, Iowa City
(new APAGS rep)

Fred Klopfer, PhD

Full member, Mt. Pleasant

Morgain Hall, PhD

Full member, Des Moines

Megan Hasenwinkel, PhD

Full member, Windsor Heights
(change from student member)

Mia Hegarty-Roach, PhD

Full member, Mason City

David Martino, PhD

Full member, Cedar Rapids

Jamie Ryan

Student member, Davenport

Keri L. Stabile, PsyD

Full member, Mason City

Scott Young

Student member, Ames

State Leadership Conference Reports

Presidents-Elect Orientation

By Patrick W. O'Conner, PhD

I attended State Leadership Conference (SLC) for the first time in March, and, overall, it was a great experience. It was an opportunity to see APA in action close up and to get to know the members of the Iowa delegation much better. I found the Presidents-Elect Orientation beneficial and enjoyable. During the first part of the orientation, I was able to spend time with the presidents-elect from California, Los Angeles County, Ohio, New York, and Wyoming. During the next session, we were grouped by size of association. At that time, I spent time with presidents-elect from Missouri, Kansas, Colorado, and Utah. I came away from the orientation with the belief IPA is dealing with many of the same issues confronting the other state associations. Ψ

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Early Career Psychologists

By Betsy Rippenrop, PhD

I represented Iowa as an Early Career Psychologist (ECP) at this year's State Leadership Conference (SLC) in Washington DC. I was one of 10 funded delegates from around the country. During the SLC, ECPs met both formally and informally to discuss how our particular state supports the development and enhancement of ECPs.

So how is Iowa doing compared to other states? Although my perspective is based upon a biased sample (only 18 of the 50 states were represented), I'd like to share what I learned. Iowa definitely aids and supports ECPs, and this is extremely important because 50% of psychologists in Iowa are 55 and older. This is the second year in a row that Iowa has sent a fully funded ECP to the conference, whereas many states have had no representation at the SLC.

Iowa also supports a graduated dues structure so ECPs can afford to become members. IPA's Developing Psychologists Network (DPN) is a standing committee that has a regular chapter in the Des Moines area that meets for case consultation and support around clinical issues. As a state we have created a firm foundation for ECPs. Ψ

Iowans Attend the State Leadership Conference



Iowa SLC attendees Patrick O'Conner, Brenda Payne, Rachel Heiss, Scott Kaplan, and Ron Jackson with Senator Harkin.

From the Executive Director

It seems appropriate this year to talk about uncertainty given that we are in an uncertain election year. There is the uncertainty associated with a possible turnover in party in the executive office, the uncertainty of our economy, the uncertainty of the wars in Iraq and Afghanistan, and for those of us in healthcare, the looming uncertainty of what healthcare reform will look like when Congress finishes with it.

This year I was most intrigued at State Leadership Conference (SLC) by the message delivered by Dr Atul Gawande, surgeon, teacher, writer, and senior health policy advisor in the Clinton administration. He spoke about the failed Clinton administration's healthcare reform attempt in which he was involved. He spoke to the reasons for its failure and, in a word, blamed the framers for failure to recognize psychology in their pitch to the public with what could have been a successful resolution to a serious national problem.

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Carmella Schultes,
IPA Executive Director

Spring Conference Overview: MCMI-III and MBMD

By Scott Kaplan, MS

On the 2nd day of the IPA Spring Conference, Dr. Stephen Strack presented on the clinical use of the Millon Clinical Multiaxial Inventory-III (MCMI-III) and the Millon Behavioral Medicine Diagnostic (MBMD) instruments, both created by Dr. Theodore Millon. Strack is currently a staff psychologist at the VA Ambulatory Care Center in Los Angeles, CA, author of over 50 published chapters and journal articles, and author or editor of nine books and test manuals, including *Differentiating Normal and Abnormal Personality* (2nd ed., 2006) and the *Handbook of Personology and Psychopathology* (2005). His presentation provided theoretical background and history behind the two Millon instruments, a description of the respective scales, what they measure, and the psychometrics, and instructions for when to use the tests and how to interpret them. Ψ .

New IPA Staff Position: Director of Training Task Force

Michele Greiner, PhD, was recommended by the eight-member Training Task Force and approved by the IPA Executive Council on April 17th for the part-time, paid, one-year position of Director of the Task Force. The task force is charged with identifying internship sites in the state for additional internship positions and is working with the Iowa Legislature and the Iowa Department of Public Health. The ultimate goal is to encourage more psychologists to work in Iowa. Ψ

*The meaning of life
is to plant trees, under whose shade
you do not expect to sit.
Nelson Henderson*

Editor's Farewell

I was looking at a slow December in 2005, as my Iowa State clients would be on vacation, when Carole Kazmierski called and asked if I would be willing to edit *The Iowa Psychologist*. I was fairly new to private practice and IPA and didn't know much about the publication, but was impressed by many members offering high levels of volunteer service. I also recognized that one thing I liked about being a training director was getting to share information on the national LISTSERVE. So I said yes, and I am very glad that I did. It has been very exciting to be able to share information and get to know all you IPA folk in the process. I very much appreciate all the support and work that many of you have contributed to the newsletter!

Nonetheless, after putting out 10 issues, I find myself with a very full caseload and eager to shift my volunteer time in June to the fall political campaigns. The executive council recruited David Christiansen to be the new editor, and we have collaborated on this issue. David will take over the lead on the next issue and I will continue in a mentoring role through the end of my term. Thank you, David, for stepping up for IPA!

My positive experience of being an editor was largely influenced by my collaboration with Chris White, the page editor. She had many ideas for improving the publication that had the overall best interests of IPA in mind, not just where to put particular text. She also would catch many omissions and mistakes, and I couldn't have done this without her guidance. Carmella Schultes was also a major collaborator by sending me samples of other newsletters, advertisements, and photos, and being generally helpful. Thank you, Chris and Carmella!

Suzanne Z



Suzanne Zilber, outgoing *TIP* editor

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Member Feature

David Christiansen: A Life Well Lived

Interviewed by Beverly Westra, PhD

Editor's Note: David Christiansen has agreed to serve as the next editor of TIP, and we include this interview so you can know a little more about him.

Tell us about your career path.

I started out in music and taught piano for several years. I vacillated early on between music and psychology, but the decision was made clear when my future wife expressed a strong preference to marry someone with better earning potential than a piano teacher. So I embarked on a career in psychology. I worked 10 years at Siouxland Mental Health Center, 3 years as chief psychologist at Jasper County Mental Health and 10 years as director of Patient and Family Services at Iowa Lutheran Hospital. I've now been at Disability Determination Services for 10 years. It all turned out for the best, since music was not intellectual enough for me.

What would you be doing if you weren't a psychologist?

My interests are in literature, history, and music, but degrees in one of those fields would have led to an academic life and I don't like committee meetings or grading student papers.

What have you found valuable about being a member of IPA?

For me, IPA is all about collegiality. Take every chance you can get to talk to old friends and associates. You can get continuing education credits anywhere. Ψ



David Christiansen, incoming *TIP* editor, pictured here in a recent visit to Zurich

Society for Personality Assessment Exchange: Advocacy Corner

By Bruce L. Smith, PhD, SPA Advocacy Coordinator

This article is reprinted from *The Exchange*, the newsletter of the Society for Personality Assessment,

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Conference attendees enjoy the bounty at the Presidential Reception hosted by Rachel Heiss as a benefit for the Iowa Psychological Foundation.



Don Damsteegt bidding at the IPF Silent Auction which raised almost \$2000 under Becky Morgan's leadership. Thank you Becky, donors, and bidders!

Don Kaesser was the conference photographer. Thank you, Don!



Conference time is the time to renew old friendships and meet new colleagues and friends.



Rachel Heiss (right) congratulates Michele Greiner on her new position as director of the IPA Training Task Force.

*In memoriam***Roy E. Warman, 1925–2008**

Roy Warman was a founder of the current APA-accredited Iowa State University counseling psychology program, directed the Student Counseling Service for 21 years, and is a former president of IPA.

Roy attended West Virginia University for one year before enlisting in the U.S. Navy for two years. He returned to WVU, earning his BA in psychology in 1949 while helping run the family bakery business in Morgantown.

Roy went on to earn his MA and PhD degrees in counseling psychology from The Ohio State University in 1950 and 1958, respectively. In 1960, after two years as a counseling psychologist at the University of Texas, he joined the Iowa State University (ISU) staff in the Department of Psychology and the Student Counseling Service.

Bill Layton, professor emeritus of Psychology at ISU, shared the following about Roy's contributions to the history of ISU's Psychology Department.

In January 1960, I became Head of the Psychology Department at Iowa State University which had recently become a university after being a college. The President of ISU hired me with the understanding that we would build the department and begin a PhD program as soon as possible, and that became a reality on April 12, 1964!

The department offered only BS and MS degrees at that time with a heavy emphasis on applied psychology, particularly Industrial Psychology. I wanted to develop a Counseling Psychology program in addition to emphasizing the scientific basis of all of psychology and additional applied areas.

Roy Warman was the first faculty member we hired with the understanding he would develop what could become an APA-accredited graduate program in Counseling Psychology. Thanks to Roy that happened. Roy also wanted an appointment in the Student Counseling Service and we were able to achieve that. He and I both were thinking that he eventually be appointed Director and indeed Roy became Director in 1967. He provided important leadership before and after he became Director. In addition, of course, he provided leadership to the Psychology Department. When he retired we were sorry to see him go and we miss him now.

Sue Simmons remembers Roy this way:

Roy hired me, and I moved to Iowa. I've been here ever since. Roy was a man of compassion and understanding, not only as a human being and psychologist, but as a boss. He gave unending support to his staff and was a mentor for all of us. He enjoyed his life. I met with him a few years ago for lunch because I wanted to thank him for my beginning years here and his support. I'm truly glad I had that lunch with him.

Roy served as Director of the SCS from 1967 until his retirement in 1988. Don Rosen, PhD, worked under Roy's leadership at the SCS and is currently the director at Texas Women's University. He writes about Roy,

The most impactful part of Roy Warman was his obvious caring for people. His caring was expressed every day and in many ways, both within the Student Counseling Center and outside the university in his church and community involvement. He was also, I believe, an early pioneer of multiculturalism. Beginning in the late 70s, the SCS staff became more diverse than much of the rest of the university and the state. It seems trite now, but women were in leadership roles within SCS very early, relative to the rest of the field. As well, religious, ethnic, and physical diversity were represented within the center and remained so. At a personal level, Roy always encouraged growth among the staff. In my case, he allowed me time and gave his support to my seeking of Diplomate status. It may well have been that, in the mid-80s, SCS was the only counseling center in the country with four Diplomates on staff (Roy, Don Zytowski, me, and Kathy Schneider). He stressed, quietly, the need to step up in the profession and take leadership positions. I have been quite satisfied lately to meet several new counseling center directors who have in common the internship at ISU during the time Roy was director. My view of Roy is that, as a transplant to Iowa, he took on the role of "farmer" and planted many seeds in our profession which continue to bloom and bear fruit.

In memoriam

Dewey B. Stuit, 1909–2008

Dewey Stuit, co-founder and second president (1951–1952) of the Iowa Psychological Association, died in Iowa City on January 9, 2008. He was born in Illinois on January 24, 1909, received his elementary education in a two-room school, and earned his BS, MS, and PhD in educational psychology and educational research from the University of Illinois. He taught at Carleton College from 1934 to 1936, the University of Nebraska from 1936 to 1938, and came to the University of Iowa as Assistant Professor of Psychology in 1938. He served in the Navy as assistant director of the Test and Research Section, Bureau of Naval Personnel during WWII. He returned to Iowa in 1946 to be the director of the newly established Student Counseling Office. He served as Dean of the College of Liberal Arts from 1948 until his retirement in 1977, and was the editor and co-author of two books in personnel psychology and authored many articles in psychological and educational journals.

Dr. Stuit was a member of many honorary and professional organizations, including Phi Beta Kappa, the American Psychological Association (Fellow), the Midwestern Psychological Association, the American Board of Professional Psychology, and the Iowa Academy of Science. He served on committees of the Office of Naval Research, the U.S. Office of Education, the Carnegie Foundation for the Advancement of Teaching, and the American Council of Education. He received Distinguished Service Awards from the Iowa Psychological Association in 1984 and from the Department of Psychology at the University of Iowa in 1991.

In 1997, the Stuit Professorship of Psychology was established to recognize the contributions of Dr. Stuit and his late wife Velma Stuit to the Department of Psychology, the College of Liberal Arts, and the University at large.

Compiled from various sources by David Christiansen.

In memoriam: Roy E. Warman

Continued from the previous page.

Ron Jackson, PhD, took over the SCS director position after Roy retired. He summarizes how Roy built up SCS to a multifaceted agency.

What I know about Roy's contribution is in Chuck Jones's 50-year history of SCS. Under Roy's leadership, SCS grew and matured as a multi-service agency to include the training program, (internship started and became accredited), Career Resource Center, the Walk-in Career Clinic, the Academic Learning Lab, Adult Student Services, group counseling, and all of the outreach/ liaison/ consultation services. SCS moved from Building H to its current home in Student Services Building in 1975.

Roy was a member of numerous professional organizations and served as president of the Central Iowa Psychological Association, the Iowa Psychological Association, the International Association of Counseling Services, and the University and College Counseling Center Directors. In recognition of his counseling skills, he was a Diplomat of the American Psychological Association.

Roy was very involved in the Ames community. He was an active member of the Unitarian Universalist Fellowship of Ames since 1960. Roy enjoyed singing with the Ametones Barbershop Chorus for 34 years, was a member of the Ames Community Arts Council and was appointed to the Commission on the Arts. He was one of the founding members of the Open Line Crisis Hotline in Ames. Upon his retirement from ISU in 1988, Roy and his wife Bobbie began traveling extensively, often with the Friendship Force Cultural Exchange Program. He truly enjoyed meeting people from different backgrounds and cultures, and exchanging ideas and traditions.

Roy is survived by his wife of 57 years, Bobbie, and their three daughters and families. Memorials may be made in Roy's honor to the Unitarian Universalist Fellowship of Ames, 1015 N. Hyland, Ames, IA 50014; the Israel Family Hospice House 400 S. Dakota, Ames, 50014; or the Ames Community Arts Council, 314 Main Street, Ames, IA 50010.

Compiled by Suzanne Zilber.

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IPA website: iowapsychology.org · includes contact information for IPA leadership

The Iowa Psychologist (TIP) Newsletter

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2008 IPA Event Calendar

Date	Day and Time	Event	Location
June 6	Friday; 6–8 pm	Executive Council	Newton; Quality Inn
August 11–13	Monday–Wednesday	CESPPA Meeting	Boston
August 14–17	Thursday–Saturday	APA Convention	Boston
August 23	Saturday; 10 am–3 pm	Executive Council w/Committee Chairs	Des Moines; Dr. Heiss's office
October 9	Thursday; 4–7 pm	Executive Council	Newton; Sodexho DMACC
October 10	Friday; 8:30 am–4:30 pm	Fall Conference	Newton; Sodexho DMACC
December 6	Saturday; 10 am–noon	Executive Council	Amana; Holiday Inn
<i>TIP newsletter submission deadlines</i>			
August issue, July 15; November issue, October 15; February issue, January 15; May issue, April 15			

IPA 2008 Leadership

Executive Council

President	Rachel Heiss
Recording Secretary	Karen Ahrens
Past-President	Michele Greiner
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IPA Representative	Mike March
IPA Representative	Cyndi Walljasper
IPA Representative	Thomas Ottavi
State Advocacy	Jim Thorpe
Federal Advocacy	Brenda Payne
APAGS Representative	Dana Figlock

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Business of Practice Network (BOPN)	Dan Earle
Iowa State Board of Psychology Examiners (ISBPE)	Lisa Streyffeler
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APA Rural Mental Health	Ruth Evans
APA Women's Issues Network	Cindy Anderson
APA Early Career Psychologist Network	Julie Jenks Kettman
IPA 60th Anniversary	Jeannie Sims

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State Advocacy	Jim Thorpe
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Professional Issues	Brandon Davis
Editorial/Newsletter	David Christiansen
Public Education	Don Damsteegt
Elections Task Force	Michele Greiner
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