DIVISION 52 PRESIDENTIAL ADDRESS AT 1998 APA CONVENTION

Ernst G. Beier, PhD, ABPP, President

The Division of International Psychology is now one year old. At the APA council, a year ago we presented the outline for this division to Council, and we were approved without the customary debates by council members, who voted unanimously in our favor. We were very fortunate to attract to our board outstanding APA members, among them two former APA presidents, Florence Denmark and Frank Farley, and two members who had recently received international acclaim for their work: Florence Denmark and Anthony Marsella.

We were also very fortunate to find a hard, working and competent editor for our newsletter, Ivan Kos, who also will be the head of the publication board when we shall publish a journal. He published a large number of articles regarding international matters. He and his staff, including his wife Mirella Kos, already produced four Reporters which received praises here and abroad.

To mention only a few other board members: Harold Takooshian and Joy Rice managed to attract 62 contributions for this convention, all significant papers or posters in the international area. Bill Masten is our web master and has already produced a web page for our Division, and is in the process of filing our web site chat room with voices from here and abroad. Shila Joshi is our very active secretary who also volunteered to serve as a historian, and she deserves our thanks for keeping us all informed. Joan Chrisler worked hard to attract new members and was rather successful. She also produced a folder which you will find at this convention. Mary Reuder has been active in defining fellowship status for the division, and Frances Culbertston has been our Council representative. There are other board members who have also been very active, and the fact that I chose to mention only a few should not be interpreted that we do not highly appreciate their work.

I should also mention that some of the benefits which other divisions bestow on their board members, when they attend division meetings, such as airfare and the hotel expenses have not been paid to our board members. We should respect the fact that attendance at our meetings was largely at their own expense. Obviously we hope that this will change in the near future as we have attracted new members and other gracious contributors.

As stated in our first year: we published four Reporters, and a large number of membership folders, we created a web page and the chat room, and we attracted a large number of papers on international issues to be read at this convention. We have a good strong working team and we are looking forward to a promising future.

In this address I promised to make some suggestions for future work of our division. There are a good many issues and I trust that my comments will be helpful and that our board members, our Division members as well as our student members will let us know their preferences and suggest other topics.

I would suggest that we reactivate our help to psychologists who are planning to go abroad on a vacation or professional activity. It is likely that we will be in the position to make contacts for them with psychologists abroad, hopefully near the location where they want to go. While there may or may not be payments involved, the opportunity to give a lecture or even a workshop in a foreign country may be of value and possibly even be useful for tax purposes. We of course would want to extend this invitation to psychologists abroad as well as psychologists in the US. This may represent a good opportunity to get to know each other. If possible we may want to extend this service to help psychologists here and abroad to find placement at training centers or universities.

We may want to introduce into the Reporter a column about such topics as crime, women’s roles, child rearing, psychological well being, disaster responses, religious issues, domestic violence, suicide, etc. We shall ask psychologists here and abroad who are interested or have worked on such topics to respond and in this manner help to further intercultural research.

We shall try to encourage students here and abroad to express their interest in improving education in our field and help them find subjects for their research dissertations and to make friends. We hope that eventually

(Continued on page 4)
EDITORIAL

This issue marks the second year of the Reporters existence. During this time we were able to bring to our members attention multifaceted issues as well as many ideas, works, and findings thus informing the members the way in which the field of international psychology is developing in countries around the world.

However, as we enter a new millennium and the growing interest in globalization occurs the psychology of the 21st century is also changing and incorporating a myriad of new issues, diversified and novel ideas and knowledge, into the field.

It would be desirable of our members to become even more active in contributing their or their colleagues knowledge, so that a network of versatile information can be established and shared.

In this multicultural environment it would specifically be helpful to learn more about what are the needs and problems of a given culture and how each of these issues are being dealt with.

Moreover, how and in what way can we be of help to each other, thus actively share our knowledge and promote our skills.

Ivan Kos, PhD
Editor

LETTERS TO EDITOR

I am a senior in college starting the process of looking at psychology graduate schools. Currently I am conducting research dealing with Attention Deficit Hyperactivity Disorder. I have thought long and hard about what I want to do with psychology in the future. I am considering continuing my education for an eventual degree in child clinical. I have also thought about a career in industrial/organizational psychology. However despite all this I have a interest in psychology on a large and global scale. I would like to do work with psychology through out the world dealing with the international community. I felt excited when I came upon your name on the network because I did not know how much and if a field of this sort existed for psychology. Thank you for your time and for any information you can provide for me. If you need to send me any information my address is Jacob Eide, 600 W Walnut St., Danville, Ky 40422 or e-mail eide@centre.edu (Jacob Eide)

CONGRATULATIONS TO
PAT DE LEON !!!

We are pleased to announce that Division 52 member, Patrick De Leon, PhD, JD, ABPP has been elected as APA President for the year 2000. Congratulations Pat, Division 52 looks forward to supporting your efforts during the next several years.

International Psychology Reporter
APA Division 52 Newsletter
Volume 2, No 4 November 1998

Ivan Kos, PhD
Editor

I am a senior in college starting the process of looking at psychology graduate schools. Currently I am conducting research dealing with Attention Deficit Hyperactivity Disorder. I have thought long and hard about what I want to do with psychology in the future. I am considering continuing my education for an eventual degree in child clinical. I have also thought about a career in industrial/organizational psychology. However despite all this I have a interest in psychology on a large and global scale. I would like to do work with psychology through out the world dealing with the international community. I felt excited when I came upon your name on the network because I did not know how much and if a field of this sort existed for psychology. Thank you for your time and for any information you can provide for me. If you need to send me any information my address is Jacob Eide, 600 W Walnut St., Danville, Ky 40422 or e-mail eide@centre.edu (Jacob Eide)
CALL FOR DIVISION 52 NOMINATIONS

Florence L. Denmark, President-Elect and Nominations and Election Chair

Members of Division 52 are asked to nominate candidates to serve as President-Elect beginning January 2000. One Member-at-Large of the Executive Committee will serve from 2000-2002. The nominations committee consists of our current President, Ernst Beier, and me (Florence Denmark), the current President-Elect. You can send me names of nominees at Pace University Psychology Department, 41Park Row, New York, NY 10038, or by e-mail to fdenmark@pace.edu. My phone number is 212-346-1551 and fax is 212-346-1618. Ernst and I will confer with the members of the Executive Committee to determine from all the names submitted to us who should be placed on the ballot. Please try to get your nominations in by January 1999.

CALL FOR DIVISION 52 FELLOW NOMINATIONS

Harold Talcooshian
1999 Chair, Fellows Committee

Members of APA Division 52 are now invited to nominate others (or themselves) for election as a Fellow in our Division. Phone or write to me soon for a packet of forms for APA and our Division. All completed materials must be submitted by December 11, 1998 -- including the nominee's vita, personal statement, and endorsements from 3 current APA Fellows. The 1998 Fellows Committee chaired by Mary Reuder developed our Division's list of 15 criteria of "unusual and outstanding contributions" to international psychology, which is available on William Masten's web site, along with the list of 72 charter Fellows of our Division 52 -- http://www.TAMU-Commerce.edu/orgs/div52/.

NEXT STOP: BOSTON 1999!

John D. Hogan and Richard Velayo
1999 Program Committee Co-Chairs

The 107th Annual Convention of the APA will be held in Boston, MA from August 20 to 24, 1999, immediately following the meeting of the International Council of Psychologists (ICP) in nearby Salem, MA, August 15-19, 1999. We're hoping that many of the international visitors to ICP will stay in the area long enough to enjoy the APA Convention as well.

Although we still haven't received our time allotment from APA, you can be certain that our division will be sponsoring a broad array of symposia, papers, posters, and invited programs. As usual, we encourage all of our members to participate in the division's activities. Although our total program hours may be reduced, there should be some flexibility with the poster session. We are particularly concerned that International Affiliates of APA and other non-US psychologists know about our programs.

The deadline for submission of programs is December 2. (Details are contained in the September 1998 APA Monitor.) We've already received a number of interesting inquiries, many

(Continued on page 4)
(Boston 1999 continued from page 3)

from out of the country. Bill Masten has put submission forms on line: TAMU-
Commerce.edu:80/orgs/div52/Paper.htm (for papers and posters); TAMU-
Commerce.edu:80/orgs/div52/Symposium.htm (for symposia). The use of these forms is not
required but should cut down considerably on
the time required to communicate with
international participants.

It seems likely that we will be joining in a
social hour with APA's Committee on
International Relations (CIRP), the chief
sponsor of the hour, and the International
Council of Psychologists. Beyond the
Convention itself, Boston is a wonderful city
for walking, and it's full of interesting historic
sites and engaging shops. Boston is also home
to a large number of colleges and universities,
including Harvard and MIT, just across the
Charles River in Cambridge, and easily
accessible. We expect that student attendance
at the Convention will be strong.

We look forward to seeing you all in
Boston. ■

CHARTER FELLOWS OF
DIVISION 52

Florence L. Denmark, President-Elect and
Nominations and Election Chair

Congratulations to our 72 Charter Fellows for Division 52. Thanks to Mary
Reuder who was an extremely efficient Chair of the Fellows Committee. I was pleased to serve
along with her.

Adler, Helmut E.
Adler, Leonore Loeb
Barclay, Allan
Bass, Bernard
Beier, Ernst G.
Brabeck, Mary
Christie, Joan C.
Cox, Richard H.
Culbertson, Frances
David, Henry P.
Detch, Irene
DeLeon, Patrick
Denmark, Florence L.
Dion, Kenneth L.
Dowd, E. Thomas
Elliott, Colin D.
Espin, Oliva M.
Farley, Frank T.
Fish, Jefferson
Fogel, Alan D.
Friedman, Monroe
Frieze, Irene M.
Gergen, Kenneth J.
Gibbons, Judith L.
Goldberg, Carl
Gottsegan, Gloria
Greenberg, Gary
Halpern, Diane F.
Hogan, John D.
Holzman, Wayne H.
Kaschak, Ellyn
Littig, Lawrence W.
Lloyd, Paul
Maloney, H. Newton
Marsella, Anthony
Matarazzo, Joseph
Matsumi, Junko Tanaka
Mathews, Janet
Meleika, Louis Kamil
Melton, Gary B.
Merenda, Peter F.
Milgrim, Norman
Miller, Thomas W.
Morgan, Robert F.
Mowder, Barbara
O’Neil, James M.
Oakland, Thomas
Olineo, Esteban L.
Pederson, Paul
Penn, Nolan E.
Reuder, Mary E.
Ring, Jeffrey
Rosenzweig, Mark R.
Routh, Donald E.
Russo, Nancy Felipe
Safir, Marilyn P.
Sanua, Victor D.
Sawyer, Jack
Sechzer, Geri
Seligman, Martin E. P.
Silverman, Hirsch Lazza
Smith, M. Brewster
Spieberger, Charles D.
Stemberg, Robert J.
Sundberg, Norman
Takooshian, Harold
Torney-Puerta, Judith
Triandis, Harry C.
Walker, Lenore A.
Zalk, Sue Rosenberg
Zimet, Carl

The new Chair of the Fellows Committee is Harold Takooshian. Members of the
Division are invited to nominate others (or themselves) for election as a Fellow in Division
52. Dr. Takooshian can be phoned at 201-262-
7141 or written to at 314 Dartmouth, Paramus,
NJ 07652 USA or e-mailed at Takoosh@aol.com. ■

DIVISION 52 WEB SITE

William G. Masten, PhD
Web Site Chair

The Division 52 web site (http://www.TAMU-
Commerce.edu/orgs/div52/) was set up in
January of 1998. From January to the present,
we have had about 700 visitors. Most have been
from the US. However, there has been at least
one visitor from each of the following countries:
Australia, Canada, France, Japan, Italy, Austria,
Finland, India, Mexico, New Zealand, Sweden,
Taiwan, United Kingdom, and South Africa.
Since the introduction of the site, a number of
changes and improvements have been
introduced. We have a link to the APA site for
the Annual Conference; a list of presentations
sponsored by Division 52 is also available on
line. A "message board" as well as a "live chat"
board are available. One can get information
on nomination of Fellows for Division 52 and
submit presentations on-line for the APA
convention in Boston (http://www.TAMU-
Commerce.edu:80/orgs/div52/Paper.htm or
http://www.TAMU-Commerce.edu:80/orgs/div52/Symposium.htm)
There are links to a number of international
psychological associations. The Division 52
student home page was established and we have
a link to it from our page. Visitors to the site can
print a membership application and send it to
division services via the mail. While not part of
the site, a litserves has been set up for Division
52 board members div52board@listserv.TAMU-Commerce.edu
and there are plans for a second listserving for all
members of Division 52. Most of the Board
members have their E-mail addresses listed and
links that allow one to send an E-mail message
to those Board members. ■

(Presidential Address continued from page 1)

ally we shall have demands for the chat room.
We shall continue to make hours available for
students for poster exhibitions and paper reading.
We shall seek out other divisions who have
international groups and try to work with them
without trying to recruit their members and
change their division loyalties.

We shall eventually try to elicit recommenda-
tions from our members in all parts of the
world about any ideas they may have about reso-
lutions of at least some of the problems of the
worldwide community.

As in the past, we shall in the future work
closely together with the Committee on Interna-
tional Relations (CIRP).

And finally I want to take this opportunity
to thank Joan Buchanan of CIRP for her inval-
able help and Sarah Jordan for her great assis-
tance to get our division on the right track. ■
APA COUNCIL OF REPRESENTATIVES REPORT
August 13-16, 1998, San Francisco

Frances M. Culberston, PhD, ABPP, Division 52 Council Representative

The APA Council of Representatives met August 13, 1998 (Thursday) and August 16, 1998 (Sunday) at the San Francisco Marriott, San Francisco, California. The minutes of the meeting are as follows:

ELECTIONS, AWARDS, MEMBERSHIP, AND HUMAN RESOURCES

For those of you serving on Boards or Committees, or intending or hoping to serve on Boards or Committees, the following information will be useful.

Association Rule 90-7, American Psychological Association of Graduate Students’ Council: This rule has minor revisions in which the names of winners of the election will be forwarded to the Board of Directors as information. This Committee will report to Council through the APA Board of Directors.

Association Rules Governing Simultaneous Service on Boards and Committees, 110-14:1: Members shall not serve simultaneously on any of the following governance groups except as ex-officio (non-voting) members. Association Rule 110-41-2: Members shall not simultaneously run for election (e.g. appear on the board and committee election ballot) for more than one of the following governance groups of the term of service will begin prior to the end of a term the member is currently serving on one of the governance groups listed in Association Rule 110-14.1, (see APA minutes for listing of Boards and Committees).

Other items of interest to the Division are as follows:
- Council elected 163 members to initial Fellow Status.
- New Criteria for Dues Exempt Status were referred for review. Creation of a new membership category is still being reviewed. An update on Ethics Code Task Force work was received by Council.
- Council approved the following: “APA supports in principle the restoration of reasonable boundaries in mandatory drug sentencing laws, the phasing out of such laws at both the state and federal levels for drug-related offenses or when harm to others is involved, and the proper emphasis on prevention and treatment of substance related problems as alternative to and in addition to legal action” (APA minutes, 1998).
- Council received an update on “Fostering Career Development of Young Professionals.”

DIVISION AND STATE AND PROVINCIAL ASSOCIATIONS

Of special interest and attention to the Division is the following approved amendment to Association Rule 100-1.5: “When an APA Division or one of its official sub-units (authors) sponsors and or disseminates a published document that the Division does not intend to be standards or guidelines but which the public may reasonably construe as a set of standards or guidelines for professional practice, the Division shall make it clear that the contents of the publication are intended to set a standard or guidelines for practice.”

Council received an update on “enhancing inter-diisional activity.”

PUBLICATIONS AND COMMUNICATIONS

Council rejected a motion requesting that editors, associate editors, and consulting editors listed on masterhead of APA journals be required to be the members of the Association for their full terms of service. Also, an individual may be considered as a potential editorial candidate, even if he or she is not a member of APA at the time the editorial search is initiated.

CONVENTION AFFAIRS

Council approved the motion to encourage APA meeting facilities and APA Central Office to engage and carry out environmentally responsible behavior and acts, such as recycling, re-use, and resource reduction.

EDUCATIONAL AFFAIRS

Council approved a number of changes regarding the term "clinical" in specialty and proficiency titles. If this is an area of interest for you, contact the Commission for the Recognition of Specialties and Proficiencies in Professional Psychology (CRSPPP) for further information particular regarding the title "Health Service Psychologist" or "Health Service Provider in Psychology" to describe practicing psychologists or professional psychology students.

Council formally confirmed: 1) the continued recognition of Clinical Psychology and 2) Clinical Child Psychology as specialties in Professional Psychology; and approved archival descriptions of Clinical, Counseling, School, and Industrial/Organizational Psychology.

PROFESSIONAL AFFAIRS

Council approved the following APA activities bearing on licensure: encourage state boards to move to a single level doctoral licensure; provide consulting to states that have dual-level licensure; encourage recognition of terminal master's degrees in psychology under existing state statutes, provided that such statutes do not recognize, regulate, or govern the title or practice of psychology; encourage exploratory meetings around the issues of education, training, and credentialing by the relevant Committees and Boards.

Council amended Association Rule 130.5 College of Professional Psychology to allow the College to certify psychologists in recognized proficiency areas of practice and in other professional psychology domains. The changes and role and function of the College can be obtained by contacting APA.

Other items of interest are as follows: Council voted to approve an increase in the special assessment of $20.00 effective with the 1999 budget year; received an update on coalition building to design and implement health care reform; received an update on development of a psychopharmacology exam; approved the resolution regarding support for protesting Colorado mental health workers.

SCIENTIFIC AFFAIRS

Council adopted the Committee on Animal Research and Ethics’ Guidelines.


Council approved the motion regarding the Collection of Information about the Representation of Women, Ethnic Minorities, Gay Men, Lesbians, and Bisexuals, and Individuals With Disabilities.

FINANCIAL AFFAIRS

Council was informed that APA’s financial status, though presently financially secure, needs attention and fine-tuning to allow it to carry on the future goals and work of the members and the organization. In other words, finances is an important issue for the future of the organization, and there will be considerable financial review of in-house as well as Boards, Committees, and other activities in order to keep APA in “good financial condition.”

If member is interested in any of the items in this report contact jmculber@facstaff.wisc.edu.
The Use of Virtual Reality Therapy for the Treatment of Anxiety Disorders

Brenda K. Wiederhold, MS, MBA, California School of Professional Psychology, CA
Mark D. Wiederhold, MD, PhD, Scripps Clinic Medical Group, La Jolla, CA

Twenty-three million Americans will be diagnosed with an anxiety disorder during their lifetime. Anxiety disorders are the most common group of mental disorders in the United States and the fifth most common diagnosis seen by primary care physicians.

In 1990, $147.8 billion mental health care dollars were spent in the United States, with $46.6 billion dollars (32%) spent on the treatment of anxiety disorders. Although virtual reality (VR) has been available for over twenty years, most applications include use by the military and the entertainment industries. VR is now being used to train surgeons, and plan complex surgical approaches in three dimensions. The use of virtual reality to treat and diagnose mental health disorders is still relatively new.

Fear of Heights

The first study by Hodges, Rothbaum, and North in Atlanta used VR exposure to treat fear of heights. Seventeen subjects were exposed to virtual height situations—a glass elevator, a series of bridges with varying heights and degrees of stability, and a series of balconies with varying heights. Participants' subjective ratings of fear, anxiety, and avoidance decreased significantly for all participants in the VR exposure group, but remained unchanged for the control group.

In another study, Lamson exposed thirty participants to simulated height situations. Ninety percent were able to experience height situations in the real world after one week of exposure. Thirty months after therapy, ninety-percent were able to ride in a glass elevator.

To follow-up on these studies, which did not include a group receiving any other treatment, Huang and associates in Michigan are now conducting a study to compare in vivo exposure and virtual reality exposure to treat fear of heights. They are modeling a virtual world to exactly duplicate a staircase at the University of Michigan.

Fear of Flying

Characterized by an unreasonable or excessive fear of flying or the anticipation of flying, this specific phobia affects 10-20% of persons in the US.

An initial study treating fear of flying, done by Hodges and Rothbaum in Atlanta, involved a subject who had not flown for two years prior to treatment. She had become progressively more anxious about flying and had finally discontinued flying for business or pleasure. After seven sessions of anxiety management techniques, such as relaxation skills, and six sessions of VR exposure, she was able to fly again with her family on vacation, self-reporting less fear upon exposure.

North et al. also did a case study with one of the subjects who had been treated for fear of heights in the first VR study. After five VR exposure sessions in a virtual helicopter, he successfully completed a flight.

Research is now underway at the Center for Advanced Multimedia Psychotherapy in San Diego to look at VRGET vs. imaginal exposure to treat fear of flying. During the exposure sessions, vital signs are monitored for all patients. Based on studies initiated by Carl Jung in 1907, which revealed that skin resistance correlated with emotional tones previously thought to be invisible, resistance levels are shown to patients as an indicator of arousal and anxiety. Physiological measures being monitored include heart rate, respiration rate, peripheral skin temperature, and brain wave activity. Data analysis will reveal whether other physiological data may be important to note as patients become desensitized to the phobic stimuli. Emotional processing theory suggests that in order to change a fear structure, it must be activated and information incompatible with the fear must be provided. According to Foa and Kozak, there are three indications that emotional processing is occurring: physiological arousal and self-reported fear during exposure; diminution of fear responses within sessions; and a decline of arousal across sessions. This study will examine how physiology, self-report measures, and behavioral indices correlate.

Fear of Spiders

Hoffman, at the University of Washington, has completed a case study to treat fear of spiders using both virtual reality and augmented reality. The subject had a severe fear of spiders for twenty years. Treatment involved exposure to a tarantula and a black widow in the virtual world, then touching a furry toy spider while viewing a corresponding virtual spider. After twelve one-hour sessions, the patient was able to go camping in the woods and survived a spider encounter in her home. One year follow-up indicates that treatment is still successful.

Claustrophobia

Bullinger has begun to explore virtual reality for the treatment of claustrophobia, using a head-mounted display and a 3D joystick. During virtual exposure, the patient is allowed to increase or decrease the size of a virtual room, bringing the walls closer and closer as desensitization continues. The patient can exit at any time via a virtual door at one end of the virtual room to escape if necessary. Patients in the initial study have received three sessions per week for four weeks (12 sessions), and initial results show a decrease in overall anxiety scores.

Fear of Driving

Berger and others at Hofstra University are currently conducting a study on the treatment of fear of driving. The study will compare imaginal exposure therapy and virtual reality exposure treatment. Since a fear of driving may occur as part of a simple phobia or as part of agoraphobia; and since driving deficits are often seen after head trauma, stroke, or other physical insult, this area has a wide range of potential applications for VR technology.

Social Phobia

North and colleagues have begun using virtual reality to treat fear of

(Continued on page 7)
public speaking. Initially subjects were exposed to a virtual audience and experienced similar symptoms when in front of a real audience—dry mouth, sweaty palms, and increased heart rate. Self-reported anxiety (SUDs) as well as scores on an Attitude Toward Public Speaking Questionnaire were found to be decreased after treatment.

Obessive-Compulsive Disorder

A group in Georgia is now exploring the efficacy of treating OCD with VRGERT. The program has nine steps—four which prepare the patient, two which set them on a therapeutic course, and three which continue them through their therapy. The steps involve education, behavioral assessment, a treatment plan, treatment, and relapse prevention. An interactive voice response system using a pre-recorded voice responds to the caller’s answers to several questions. During the first controlled study, seventeen subjects completed at least two sessions using the system. Of those completing the sessions, a decrease in discomfort of over 50% was obtained. Eighty-five percent of patients subjectively rated themselves as very much or much improved.

Posttraumatic Stress Disorder

Since most studies have used some form of exposure therapy as part of the treatment regimen, a group led by Hodges & Rothbaum in Atlanta is exploring VRGERT at the Atlanta Veteran’s Administration Hospital to treat PTSD. Treatment involves exposing the veterans to virtual Huey helicopters which will fly them over the jungles of Vietnam.

Conclusion

The advantages of virtual reality therapy compared to in vivo exposure include: 1) No loss of patient confidentiality. The patient and therapist do not have to venture out into public and risk exposing the patient to possible embarrassment if they would prefer their treatment remain confidential. 2) No safety issues. The patient is in the safety of the therapist’s office, and the VR system can be turned off at any time the patient might request. 3) More flexibility of the session. If a patient has a fear of one aspect of exposure, for example, the actual experience of standing in a grocery checkout line, then this can be practiced over and over in the virtual world. In the real world, a patient may feel conspicuous checking out and over again at the grocery store. 4) Just “unreal” enough that many patients who have resisted therapy due to in vivo approaches are willing to try it. They know they can stop the virtual experience vs. being “trapped” in a real-life scenario. 5) Less time involved. The cost advantages here are obvious.

Advantages of VR when compared to imaginal exposure include: 1) The highly immersive nature of VR. Some patients can’t visualize and therefore imaginal exposure doesn’t work as well for them. VR should work better for this group of individuals due to providing several sensory modalities. 2) The therapist sees what the patient sees. Emotional Processing Theory purports that in order to successfully treat a phobia, the patient’s fear structure must be activated and modified. With VR, the therapist has a chance to see exactly what stimuli is activating the patient’s fear structure and will then be better able to work on reducing the fear. 3) The therapy is more realistic than imaginal for most people, which should allow for fewer treatment sessions, and therefore lower cost for treatment.

Virtual environments clearly show promise for the future. It is important that controlled studies and outcomes analysis continue, so that true cost/benefit analysis can be done. Additionally, a variety of other disorders may respond to the use of virtual worlds. One new development will allow the therapist to accompany the patient into the virtual world, allowing additional flexibility and new approaches in the therapy session.

INTERNATIONAL NEWS

Brief Chronicle of the Three Major International Psychological Associations: IAAP, ICP, and IUPsyS

Peter F. Merenda, PhD
University of Rhode Island, RI

During the major portion of the 20th century there have existed three international associations that are exclusively or primarily devoted to the discipline of psychology. These are, in the order of the initial formal organization and foundation of each: International Association of Applied Psychology (IAAP); International Council of Psychologists (ICP); and International Union of Psychological Science (IUPsyS). The Chronology of each is presented, along with a few pertinent facts of historical interest, from the date of initial founding to the present time as we approach the millennium.

International Association of Applied Psychology (IAAP)

The International Association of Applied Psychology traces its early foundations to 1920 and was formally organized in 1921 in Geneva, Switzerland, as the International Association of Psychotechnology. Its early members were primarily interested in industrial psychology as the major sub-field of applied psychology. In the mid-1950s the organization changed its name to IAAP, but the same professional interests remained. The great majority of IAAP members have always been psychologists whose interests are in industrial, managerial, and organizational psychology. Hence, it is not surprising that when divisions were first established in Munich in 1978, Division 1 became the Division of Organizational Psychology. At the next IAAP Congress in Edinburgh, 1982, a second division, Division 2 (Psychological Assessment), was established. Since then, eleven more divisions have been added. So applied psychology within IAAP has become more diverse. These divisions are:

Division 3 - Psychology and National Development

(Continued on page 8)
The Convention on the Rights of the Child: A Powerful Tool for the Future

J. Patrick Slavin
Staff Writer for the US Committee for UNICEF

"A century that began with children having virtually no rights is ending with children having the most powerful legal instrument that not only recognizes but protects their human rights."

Carol Bellamy
Executive Director, UNICEF

A guiding principle of the Convention on the Rights of the Child, the most widely ratified human rights treaty in history, is that the best interests of children must always come first, in good times and bad, in poverty and prosperity, in war and peace.

"The Convention on the Rights of the Child asks everyone to pay more attention to children, to specific aspects of kids’ lives, and to expect more of ourselves in how we treat children," explained US Committee for UNICEF President Charles J. Lyons. "The treaty urges all nations to provide the highest possible standard of well-being for their children. The Convention argues that actions taken that affect children should be decided on the best interests of the child. All children deserve to be protected and to be given the best possible chance in life, simply because they’re children. Our actions, as a nation and as individuals, should be guided by this imperative."

Drafting of the Convention began in 1979, the International Year of the Child, and today the 54-article treaty holds governments accountable in respecting the rights of children, including:
1. freedom from violence, abuse, and hazardous employment;
2. freedom from hunger and protection from diseases;
3. free compulsory primary education;
4. adequate health care;
5. and equal treatment regardless of gender, race, or cultural background.

After the Convention was unanimously adopted by the United Nations General Assembly on November 20, 1989, it was opened for signature on January 26, 1990. That day, 61 countries signed it, a record first-day response. Since then, in just eight years, the Convention has been ratified by every country in the world except Somalia and the United States.

"Although credit also has to go to governments and non-governmental organizations (NGOs), UNICEF put the Convention over the top in terms of ratification. It became a priority. Every country representative in the UNICEF system had to work with the host government to sign the Convention and get it ratified," Lyons said. "The Convention -- that is, the advocacy for and protection of children’s rights -- has become a clear, guiding set of principles for UNICEF. The Convention is an important tool in advocating for the needs of children around the world, and its principles are not only applied in UNICEF’s regular programming but have also helped UNICEF address the immediate needs of children trapped in war and other emergencies."

"The best example I know of is south Sudan."

Operation Lifeline Sudan

Civilian casualties have become commonplace in Sudan, so much so that former UNICEF Project Officer Iain Levine says Sudanese civilians use the expression "to whom it may concern" to describe bullets for Kalishnikov assault rifles. Africa’s largest country, three times the size of Texas, Sudan has been in a protracted civil war since 1983 and has endured armed conflict for 30 of the last 40 years. More than 1.3 million people have died in fighting or war-related famines, and the US Committee for Refugees estimates some 2 million Sudanese are war refugees.

A major famine in 1988, which killed approximately 250,000 people, led the United Nations to appoint former UNICEF Executive Director James P. Grant as the Secretary-General’s Special Envoy to Sudan. Grant, who died in 1995, forged a spectacular success. He convinced the Sudanese Government to permit humanitarian organizations to work in areas of the country controlled by rebel forces, primarily south Sudan, a war-ravaged zone that has only 40 kilometers of roads. The massive relief effort, named Operation Lifeline Sudan, got under way in March 1989 and continues today. Last year, UNICEF provided 3.4 million Sudanese with clean water, medicines, basic education, emergency shelter, and other critical programs like family reunification and teacher training.

including duty in Sudan. "It is a war with horrendous human rights abuses, including killings, rapes, military recruitment of child soldiers, and incidents of child slavery.

"UNICEF and its partner NGOs realized that we had to get the combatants to commit to protect the rights of civilians. We also needed to protect the humanitarian supplies that the Sudanese people were due. In short, we decided providing humanitarian assistance required more than providing food. The international community asked the same question that became an important issue in Sarajevo, 'Does humanitarian intervention border on hypocrisy when the children we feed are subsequently decapitated by Serbian shells?"

Levine and other UNICEF staffers began to hold talks with rebel leaders on the Convention on the Rights of the Child, and in 1995 two rebel groups, the Sudan People's Liberation Movement and the South Sudan Independence Movement, made a commitment to abide by Convention principles to protect women and children.

"We knew that our commitment. When we came across human rights violations, UNICEF and our NGO partners could say, 'Wait a minute, you made a promise to us and a promise to these children.' I had many talks with rebel commanders about child soldiers. When we got reports of it occurring, I could tell a rebel officer that his commander-in-chief, John Garang or Rick Machar, supports the Convention and he pledged an end to child combatants. You're going back on his position," Levine said.

"Now, did the commanders always demobilize their child recruits? No, but at least it changed the whole tenor of the discourse. And that was terribly important."

Honoring the Rights of Children in Uganda

If there is a UNICEF official who perhaps knows best how the Convention can be used to make an important difference in the lives of children, it is Dan Toole, who began work as a Country Representative in Rwanda shortly after a civil war escalated into a campaign of genocide. As many as 1 million Rwandans were massacred in 1994, and the following year, hundreds of thousands -- perhaps as many as 2 million -- fled the country only to find new dangers in sordid refugee camps in Tanzania and Zaire.

"When a new Rwandan Government came into power in 1994, they wanted to change many things because they believed (Continued on page 14)"

Challenge to the Hierarchical Representation of NGOs at the United Nations Headquarters in New York

Kay C. Greene, PhD
Secretary-General, International Council of Psychologists
Representative to UN NY for the World Association for Psychosocial Rehabilitation
Reporter for CONGO's Task Force on United Nations Reform

A perceived "pecking order" for representation of Non-Governmental Organizations (NGOs) has existed at United Nations Headquarters in New York City (UN NY) for decades. An NGO receiving consultative status after a rigorous application process is granted consulting privileges that include submission of written or oral statements on substantive matters to the General Assembly's (GA) Third Committee, called the Economic and Social Council (ECOSOC), and in special cases, other UN bodies or agencies. Of interest to psychologists, this type of consultation is exemplified by the years of work that resulted in a resolution, passed without a vote in the 1991 UN GA, entitled "The Protection of Persons with Mental Illness and the Improvement of Mental Health Care." In contrast, the official recognition granted an NGO by the UN NY Department of Public Information (DPI) gives the right

for an NGO to be present in order to disseminate information about the UN to its constituency through its newsletters, conferences and other means, but does not sanction consultative substantive input to the GA.

Surprising discoveries were made about these supposedly different relationships during the past several years as the Conference of Non-Governmental Organizations in Consultative Status (CONGO) waged a concerted campaign at UN NY to increase and improve their access to the GA, its main committees, and all areas of the UN's work. In formal meetings aimed at forging a more productive working relationship between NGOs and Member States, both parties discovered that, in fact, the line between consultative and non-consultative status had been blurred from the beginning, and appeared to be disappearing altogether. The discrepancy between official agreement and actual practice arose from several sources. First, many organizations are granted both consultative and DPI status, such that Member States witness DPI NGOs performing consultative status work. Secondly, many Member States either do not recognize or choose not to honor the difference between ECOSOC and DPI NGOs, and thereby, allow representatives of organizations with only information-dissemination arrangements to submit written or oral statements to ECOSOC and other UN bodies. Third, convenors and organizers of the UN World Summits and Conferences of the 1990's extended representational privileges to regional and national NGOs, experts, and observers with no prior UN relationships.

This mushrooming infusion of officially recognized new participants into the UN process has had an impact on NGOs with historical time-honored official consultative arrangements, who became alarmed by what they viewed as intrusion into their territory. The extent of their alarm can best be appreciated by considering the range of substantive matters addressed by these new participants during the twelve major world meetings of this decade. Topics included Children, UN NY Headquarters, 1990; Environment & Development, Rio, 1992; Human Rights, Vienna, 1993; Sustainable Development of Small Island Developing States, Barbados, 1994; Natural Disaster Reduction, Yokohama, 1994; Population and Development, Cairo, 1994; Social Development, Copenhagen, 1995; Prevention of Crime and Treatment of Offenders, Cairo, 1995; Women, Beijing, 1995; Trade and Development, South Africa, 1996; Human Settlements, Istanbul, 1995; and Food, Rome, 1996.

Members of consultative status NGOs, who had become accustomed to being the voices of record at UN NY on these substantive matters, were concerned about diminution of their role and dilution of their input—for good reason. Member States of the GA were, indeed, asking questions that were at the heart of consultative status NGOs' concerns, and asked the Committee on NGOs of ECOSOC to investigate the role of all NGO and civil society players at all levels of the UN process. CONGO seized this occasion to hold a series of consultations in tandem with the GA's official inquiries, aimed at securing increased, rather than diminished access and consultative opportunities.

(Continued on page 15)
With the advent of computer technological advances, it now takes merely seconds to transmit information around the globe conveniently and inexpensively. This has greatly facilitated the exchange of information and ideas among psychologists all over the world. However, it has not completely eliminated the need for researchers to travel overseas in order to engage in collaborative efforts at the international level. What are the advantages and disadvantages involved in such an undertaking? What preparations need to be made beforehand? Is this challenge for everyone, including graduate students with limited resources? Three faculty members of the psychology department at the Ohio State University share their own experiences of going abroad in pursuit of their scholarly interests, as well as comment on each aforementioned issue. Their experiences differ in terms of the objectives and nature of their research. Notwithstanding the differences, many aspects of these experiences do converge and serve to illustrate important principles of successful international collaboration.

A typical reason for researchers to go overseas is to collect data on a culture that is usually very different from their own, in order to address research questions related to crosscultural differences. A variation on the theme is to have international collaborators help collecting data. For example, Fred Leong, a counseling psychologist who also specializes in industrial/organizational psychology, is currently involved in a study on validating a psychological assessment instrument, known as the Chinese Personality Assessment Inventory (CPAI). The objective of the study is to test whether the CPAI would capture Chinese personality more richly than the personality measures developed by western psychologists such as the MMPI. Fanny Cheung of the Chinese University of Hong Kong, who developed the CPAI, has set out to collect samples from countries such as Hong Kong, Taiwan, and China. As her collaborator from the US, Leong is responsible for collecting data from Caucasians and Asian Americans. Leong is leaving for Hong Kong this fall to begin preliminary data analyses.

International collaboration does not always necessitate actual data collection. Archival data from large-scale survey studies are invaluable for addressing the type of research questions that interest clinical psychologist Charles Emery. His research focuses on chronic illness and health behavior interventions. Emery was awarded a Fulbright to conduct research in England. He collaborated with cognitive psychologist Felicia Huppert at Cambridge University, using data from a population-based longitudinal study that included self-reported health, objective indicators of health status, cognitive functioning, and measures of personality. From the data, Emery evaluated (1) the relationship between physical activity and smoking with cognitive functioning and (2) health and personality predictors of psychological well-being over a seven year period. Why was it necessary to leave the US? Emery explained that first, due to the complexity of the database, he needed to work closely with Dr. Huppert before becoming totally familiar with the data structure. Second, since he had only corresponded with his collaborator prior to the project, he needed to establish further rapport through face-to-face interactions.

For Michael Vasey, a child clinical psychologist whose main research interest is in childhood anxiety, his primary reason for going abroad was to study with Colin MacLeod of the University of Western Australia. MacLeod is one of the leading experts in the field and has pioneered most of the procedures that are used in his research area. For Vasey, traveling to Australia meant the opportunities to have “multiple, sustained conversations” with MacLeod, to be part of his research lab, and to work closely with MacLeod on research projects. Vasey emphasized that, as convenient as email and phone might be, none of these would have been possible short of his being physically in Australia.

What advantages and disadvantages are associated with international collaboration? According to Leong, Emery, and Vasey, international collaboration is valuable for many reasons. On a practical level, working with a collaborator gives one access to data that would not have been possible otherwise or would have been very costly to obtain. Additionally, the collaborator's knowledge of his or her home culture helps to contextualize the data and contributes to accurate interpretation of findings. Furthermore, the experience of going overseas gives one insights and appreciation for other cultures that can be personally enriching. As for the drawbacks, such projects are often costly and time-consuming. Researchers generally have to apply for grants in order to finance their trip. This requires having a well-laid-out research plan before ever setting foot outside of the States. Planning could be difficult if the researcher is unsure of the resources (e.g., library facility, technical support) that would be available at the research site. Finally, the time that one spends getting ready to go, being away, and coming back unquestionably cuts into one's overall productivity.

Should one decide that the pros outweigh the cons and wishes to take on the challenge, here are some tips to keep in mind before going abroad:

1) Try to learn as much about the culture as possible prior to the trip. As obvious as this sounds, the point is that one can never be overprepared. Even in a country as similar to the US as Australia, Michael Vasey and his family quickly ran into problems. Communication with the local people was difficult immediately because of the different accents. As for the climate, winter in Australia proved to be a real stinker for the Vaseys. Transportation presented yet another challenge because Australians drive on the left side of the road. Little things like these do add up to cause one much consternation.

2) Have a clear focus of what you want to do. Setting a specific agenda before going is helpful to stay committed to one’s goals. Occasionally, one may need to turn down opportunities that would interfere with your priorities. If the main objective of the trip is to do research that involves data collection, much planning is needed to lay the groundwork prior to arrival.

3) Set aside sufficient time to learn the system and establish relationships with

(Continued on page 11)

FOR MORE INFORMATION REGARDING STUDENT ACTIVITIES IN DIVISION 52 CONTACT

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After a span of thirty years, I recently returned to Uganda and visited some of its principle mental health facilities. With my wife, Lynn Monahan, who, like me is a clinical psychologist, I returned to Butabika Hospital, the sole mental hospital in the country, where I worked in 1967 and 68. We were given a warm welcome and a comprehensive tour by the Medical Director, Fred Kigozi, and his senior staff.

The hospital, comprised of several one-story buildings adorned with bright tropical flowers, occupies a hilltop overlooking Lake Victoria. The setting is as beautiful, if not more so, than I remembered.

This shocked me. For I have followed the history of Uganda over these thirty years, albeit from afar. Through the 1970s and 80s the country teetered on the brink of chaos. When I was there in the sixties the country was freshly independent and rich in culture, natural resources and beauty. But because of all the arbitrariness of colonial political and economic rule, the country was unstable and vulnerable. As a result it suffered through the two devastating military dictatorships of Idi Amin and Milton Obote and a prolonged war of liberation. The hopelessness produced by these events, together with constantly marauding soldiers, undoubtedly contributed to the huge HIV infection rate that overtook the country. Only since the early 1990s has stability and economic growth arrived. According to statistics from the United States Agency for International Development (USAID), Uganda still has a standard of living below what it had in 1970.

Uganda’s recovery, however, is dramatic. Democratic political reforms are being instituted slowly but steadily. The press is free and vigorous. Universal education has just been introduced for the first time. The economy is diversifying and growing. The HIV infection rate has been dropping for three years now. Ethnic strife is at an all time low.

In the health care delivery system, at least particularly in the mental health care realm where my wife and I conducted several interviews, Uganda’s recovery is being led by partnership of a handful of courageous civil servants who kept the system in place throughout the storm and new generation of enthusiastic medical intellectuals. The Director of Public Health Education held his position throughout this period even though his property was confiscated, he had to hide his family in the fields at night, and he had to work under the nose of a despot known to execute people for the merest hint of dissent. Butabika Hospital remained open thanks to a single psychiatric nurse who remained as the only full-time senior staff even though her life and those of her family were threatened repeatedly. The Department of Psychiatry for the nation’s leading hospital and only medical school was reduced to a single psychiatric social worker who refused to leave. The intellectual middle class, to which these individuals belonged, had the wherewithal to leave the country and largely did. Despite periods of time without pay, and greatly diminished salary value because of rampant inflation, a small group of professionals remained in the country and in their posts and kept the infrastructure for social services in place. Now they are regarded as inspirations by young professionals who are eager to help their country flourish.

Psychology, as a discipline, has a higher status then ever in Uganda. As in this country, it is finding its way into more and more work venues. If the United Nations system, in which I served as a nongovernmental organization (NGO) representative for many years, can be taken as a measure, the increased openness to a psychological perspective is a worldwide trend. Probably the explosion of NGOs around the world over the past 25 years both manifests and facilitates this trend.

The primary purpose I have in writing this article is to appeal to American psychologists - clinical psychologists in particular - to consider working in Uganda. Makerere University, the country’s highest institution of learning, wants to develop a Clinical Psychology Program. The medical school’s Department of Psychiatry wants clinical psychologists on staff. Furthermore, it is eager to conduct collaborative clinical research and seeks help in developing its psychological assessment capacity. The Ministry of Health is attempting to provide psychological training to medical staff at all health service centers around the country. Funds for this work are hard to find but do exist. Fulbright fellowships, the Ford Foundation, and the World Health

(Continued on page 12)
PROFESSIONAL AND SCIENTIFIC PSYCHOLOGY IN RUSSIA

Howard Kassinove, PhD, ABPP
Hofstra University, NY

When I first visited the former USSR in 1991, I went to St. Petersburg (then Leningrad) and visited the Smolney Institute. I was told by the Secretary of the City Communist Party Committee that Communism was strong and would live on forever. One month later the USSR no longer existed! Unfortunately, this lack of stability continues to characterize both Russia and Russian psychology.

As I write this paper, in late August 1998, Russia is on the verge of economic collapse. The exchange rate was 30 rubles to the American dollar in mid 1991. It then rose to about 6000, was later converted so that 6 rubles were considered equal to a dollar, and now is floating at between 10 and 20 rubles to the dollar. People have gone from having plenty of money and no goods to buy, to plenty of goods and no money with which to buy them. When the ruble declines rapidly, Russians buy anything which is available out of fear that it will cost twice as much tomorrow. I mentioned this economic issue because it affects the daily lives of all Russians, including psychologists, and impacts on the purchase of scientific equipment and payment for professional psychological services.

My goal in this paper is to share some personal thoughts about the state of Russian psychology. I've made 13 trips to Russia, including to the four big cities of St. Petersburg, Moscow, Krasnoyarsk, and Nizhni Novgorod, and to smaller towns and provinces such as Archangelsk, Irkutsk, Novgorod, and Valaam. I've been in the most rural settings, have eaten omul (a fish) with the Buriat people of Lake Baikal and hunt and fish throughout Siberia, and have enjoyed the fine cuisine of major hotels in St. Petersburg. I’ve slept in university dorms, in the homes of Russian psychologists, and with their rural lifestyle was as different as one could imagine from St. Petersburg and Moscow. The Buriats get married on frozen Lake Baikal and hunt and fish throughout their rural environment. It is hard to develop “fair” tests in a country so diverse. The retardation of the growth of differential psychology, the current economic crisis and fascination with psychodynamics, have led to the continued popularity of the Rorschach, TAT, Draw-A-Person, etc.

Some psychometric devices have been adapted for use in Russia. For example, Spilberger and Hanin adapted the State Trait Anxiety Inventory, and my colleagues and I adapted Spilberger’s State Trait Anger Expression Inventory into Russian. Using the methods of translation, back translation, and discussion (along with the addition of added culturally relevant items) we produced an assessment tool that has adequate internal consistency and we replicated the factor structure found in American samples. Kassinove, Tsytsarev, Davidson, Golub, and Solovyova presented a poster sponsored by Division 52 at the 1998 APA convention in which it was reported that adult Russian cardiac patients
had elevated scores on Anger In and Anger Control.

Our Russian colleagues are quite variable in their knowledge about psychometrics and the distribution seems to be bimodal. They have a pool of true experts who have much to offer to psychologists from other countries. Many, however, have little knowledge about psychometrics. Fortunately, more computers and data analytic packages are now available in universities and the situation is likely to improve rapidly.

Psychotherapy

My personal knowledge about psychological interventions in Russia began in 1991, when Christopher Eckhardt I and I were invited to speak at the prestigious Bekhterev Psychoneurological Institute in Leningrad. Since I was trained by Joseph Wolpe and Albert Ellis, I suggested that we talk about cognitive and classical behavior therapy. Admittedly, I was fearful knowing that this was the country of Ivan Pavlov. However, the approximately 150 people in the audience seemed very appreciative of our lectures and took note about all that we said.

After the lectures, we were brought to a private office for tea and cookies, and were asked about Neurolinguistic Programming (NLP). It seems that some previous speakers had led the therapists to believe that NLP was the most widely practiced form of psychotherapy in America! Their lack of knowledge about what was going on in the rest of the world was surprising, but was clearly surpassed by their new found freedom to learn!

Russian psychologists have now flocked to the once banned psychoanalysis. They lack knowledge about empirically based techniques and treatment manuals are unheard of! They also lack knowledge about which theories and procedures have stood the test of time and which we, in America, have abandoned. At the same time, Russian clinicians are eager to learn. For example, my sessions on desensitization and assertion training were well received at the first conference of the Russian Psychotherapy Association held in Tyumen, Siberia in 1994. Then, in March 1998, we brought 17 American psychologists to the Bekhterev Institute and gave lectures on Beck's Cognitive Therapy, and empirically supported techniques for the treatment of anger, anxiety, PTSD, etc. The conference attracted more than 200 practitioners from all parts of Russia. Professor Boris Karvassarsky (President of the Russian Psychotherapy Association) announced the publication of his 1998 text, the Encyclopedia of Psychotherapy. It is impressive volume and covers newer and older forms of intervention. I was pleased to write a section on rational emotive behavior therapy, and to know that written materials about cognitive behavior therapy are now available for the practitioners.

Interestingly, the job title "psychotherapist" in Russia refers only to psychiatrists. Psychologists, as was true in America before World War I, are limited in their ability to practice psychotherapy. However, I believe our talents will eventually allow for a strong group of psychology practitioners in Russia. Given the large number of Russians who go to faith healers for treatment, and the relatively small number of medical practitioners, there will surely be a role for us.

Academic Psychology

Academic psychology, unfortunately, is not thriving. My formal interactions in St. Petersburg have been with Chairperson Alexander Yuriev, Head of the Department of Psychological Science, Genadi Sukhodol'sky, Head of the Department of Ergonomic and Labor Psychology, and with Dean Albert Krylov of the Faculty of Psychology. I've also had informal conversations and formal symposia interactions with more than 100 graduate students and faculty members. I have visited Moscow, St. Petersburg, and Pomorsky State University, and medical colleagues, law schools, research institutes, etc.

Money, of course, is their major problem. Equipment is old and may not work. On one occasion I was delighted to learn that an overhead projector would be available for the lecture I was to give. Unfortunately, no one could locate an extension cord and the projector couldn't be plugged into the outlet. I have also been in lecture halls where the chalk would not write on the blackboard.

Salaries are low and sometimes delayed. This necessitates that scholars take other jobs leaving less time and energy for academic pursuits. A productive mathematical psychology colleague, with many books to his credit, took to teaching part-time at a social work institute to help make ends meet. Another advises political candidates, which is far more lucrative than teaching, writing, or doing research. There is little incentive for students to enter the profession. Thus, some young Russian psychologists have emigrated to America to find personal satisfaction as psychologists, social workers, or in other related fields.

In spite of this bleak picture, academics persist in their pursuit of knowledge. Enigmatically, applications for entry into departments of psychology remain high and it is difficult to enter major State Universities. Recently, a number of private universities have sprung up. There is little way to gauge the quality of the students they admit, or the quality of the education they give. However, since private universities charge a tuition, it is unlikely that they get the top students.

It is important to recall that Leningrad State University produced seven Nobel Laureates including Mendeleev (Periodic Table of Elements), Leontiev (Economics), and of course, Pavlov. Given this history of achievement, even with little equipment and sporadic salaries, it would be unwise to count Russians out of major league play just yet. They are eager to hear our lectures and, surprisingly, are often able to find money to come to America for scientific exchanges. Our Russian colleagues have come quite often to lecture at Hofstra University and to attend scientific meetings such as APA. My own research group has been fortunate to collaborate on topics ranging from optimism and pessimism in school children, to anger, to studying the relationship of irrational thinking to emotions.

Aside from the Nobel Laureates mentioned above, Russia has provided us with knowledge produced by Vygotsky in developmental psychology, Luria in neuropsychology, and Bekhterev in clinical psychology. As noted, they are now pursuing psychoanalytic thought with great eagerness. Assessments of the cross-cultural applicability of empirically validated treatments, I believe, would serve both countries well.

For too many years, under the restrictions of Communism, we were unable to work collaboratively with Russian psychologists. It would be unfortunate if their current economic crisis took over that inhibiting role. Division 52, perhaps, could develop a leadership position by initiating clinical and research fellowships, and collaborative scientific exchanges. I suggest inviting Russian colleagues to visit your universities and research labs, and to go to Russia yourself to share knowledge and observe how they develop their base of information. If you do go, consider bringing books or small pieces of equipment as presents. They will be well used, and this kind of travel is sure to bring personal and professional satisfaction.
Liaisons with many other national and international associations are maintained. Among these organizations are APA, AERA, CPA, IAAP, IACCP, AUPsyS, IASP, and STAR.

Psychologists interested in joining ICP should contact the Secretary-General Dr. Kay C. Greene, 30 Waterside Plaza, Suite 13E, New York, NY 10010-2630.

**International Union of Psychological Science (IUPsyS)**

IUPsyS is an international psychological association that is quite different from IAAP and ICP. Both of those have a membership of individual psychologists. Instead, the members of the Union are national psychology bodies representing individual countries. At the present time, the IUPsyS Assembly is composed of delegates from 66 countries plus representatives from 11 affiliated international associations.

Although IUPsyS was formally organized as late as 1951, it has held international congresses of psychology since before the turn of the 20th century. The first was held in Paris in 1869, and the President of the Congress was Charcot. Since 1976, again in Paris, the International Congresses of Psychology are held regularly every four years. The last one was held in Montreal in 1996. The next one (26th) is scheduled to be held in Stockholm in 2000, to be followed by the 27th Congress in 2004.

Among the officers and Secretaries-General as well as Presidents of IUPsyS Congresses during more than 100 years since the first congress, are such well-known names in psychology as James McKeen Cattell, Jean Piaget, Otto Klineberg, Alexandar Luria, and Wayne Holtzman.

**Making a Difference through Legislation and Ratification**

The Convention is also being used by governments to pass legislation that defends the rights of children, including Sri Lanka, where the age of military recruitment was recently raised from fifteen to eighteen, and Viet Nam, which has applied the Convention to provide educational opportunities to mentally impaired children. Industrialize countries are also using the Convention. France, for example, has utilized it to train law enforcement professionals in child rights law, and also to examine helping poor teenage children by providing them with state social security benefits.

US Committee President Lyons says getting the Convention known, discussed, and ratified in the US is a priority for the organization, but he acknowledges it will only happen through the engagement of many American organizations, child advocates, educators, and many, many others.

"The Convention on the Prevention and Punishment of the Crime of Genocide took 30 years to get ratified by the Senate. The chemical weapons ban took nearly a decade. It can take years, at times decades, for a constituency to develop for an international treaty," Lyons explained.

"What is needed is an effort that is focused solely on informing Americans about the Convention and urging people across the country to make their voices heard on the importance of the Convention for US children.

"The US Committee must be a part of this dialogue. And we will work with others in this country to ensure that the US finally joins the rest of the world in supporting the Convention on the Rights of the Child."

**Printed with the permission of the US Committee for UNICEF from the Winter 1998 issue of Thursday's Child, the organization's periodical.**
Member States were invited and participated in CONGO’s process, during which Member States voiced specific concerns about the functioning of, and lack of cooperation between groups of NGOs at UN NY. First, Member States said that CONGO did not represent all NGOs that have consultative status with the UN (true). Secondly, they observed that CONGO excluded from its membership non-consultative NGOs associated with the UN’s Department of Public Information (true). Third, Member States were concerned that neither CONGO nor DPI NGOs had consistent, organized policies and structures through which they could work at the UN with other members of civil society (true). Lastly, of expressed primary importance to Member States, most of the hundreds of consultative status and DPI representatives who serve their organizations at UN NY are citizens of the United States and residents of the Greater New York Area. In the eyes of Member States, NGOs’ constituencies from other countries are not present at UN NY to speak for themselves, and therefore, are not adequately represented (true).

While no satisfactory solutions have been reached, this painful process has already produced changes in NGOs’ working relationships at UN NY. In response to the Member States’ first two concerns, CONGO is encouraging more consultative NGOs to join its ranks, and has changed its bylaws to provide Associate Member status for DPI NGOs. Out of concern shared with Member States about the lack of regional and national representation in UN affairs, CONGO has organized a series of continental consultations, in which regional and national NGOs and others are the participants. The first consultation occurred in South Africa, the next will be in Latin and South America, and future meetings are planned for Eastern Europe and Asia.

The issue causing the most caution for consultative NGOs is the Member States’ concern about lack of cooperation with other parts of civil society. The UN and Member States now talk in terms of their relationships with “Civil Society,” a term that, in their perception, puts all NGOs, regardless of prior UN classification, in the same category with all groups and individuals, including businesses, that do not represent governments. In discussion and practice, if consultative status NGOs acknowledge that they are members of this group called “Civil Society,” they face unsettling questions. Does the term “consultative status” survive? If so, who enjoys “consultative status”? How and by whom is such consultative status determined? Through what arrangements, and by what methods will such consultative status be practiced?

In the midst of this ongoing debate, an opportunity has arisen in which CONGO must work on level ground with all players in civil society, or be left behind. CONGO has responded positively, assertively and productively. Secretary-General Kofi Annan has proposed that the session of the GA in the year 2000 be designated “The Millennium Assembly,” and that a Millennium NGO Forum be held in conjunction with this Assembly. One question the Secretary-General hopes will be answered by Member States involves the way the UN should relate to the growing number of international institutions and an increasingly robust global civil society. This question must also be addressed by the Millennium NGO Forum, perhaps best by creating a democratic and transparent organizing structure whereby consultative status NGOs, DPI NGOs, local and national NGOs, thematic networks, coalitions and other organizations of civil society can participate effectively.

Secretary-General Annan plans to submit a report to Member States by midsummer of 2000, which would be acted upon by the 2000 UN GA Millennium Summit. By prior arrangement, one of many sources for the Secretary-General’s report will be the outcome product from the Millennium NGO Forum. The NGO Forum, rather than revisiting past conferences, may focus briefly on what has been achieved, spend more time on selected items from the world meetings’ Plans of Action that have not been implemented in each, and then arrange these selections from all meetings across a few themes, such as poverty. The resulting document will be submitted to Secretary-General Annan.

The Secretary-General also plans a series of informal events to be convened in regional centers around the world, to be organized in close cooperation with Member States, representatives of NGOs and members of civil society. These regional events will focus on five core areas named by the Secretary-General: peace and security, economic and social affairs, development cooperation, humanitarian affairs, and human rights. Through the focus of these five areas, the regional meetings will take stock of the progress achieved in the wake of world conferences. This input would also be part of the Secretary-General’s report to the 2000 GA. Based on the report, the GA would be challenged to create specific objectives for the decades ahead in the five core areas, and examine the UN’s current structure and working relationships for relevancy and sufficiency for achieving these specific objectives in the decades ahead.

As planning proceeds for the Millennium NGO Forum, dozens of related conferences have already taken place, and hundreds more are being organized worldwide. Three such meetings illustrate the NGO and civil society response to the Secretary-General’s request for cooperative ventures that include people from the regions, and also demonstrate the way in which such meetings are being deliberately intertwined. In the first example, the UN NY NGO Committee on Aging, in conjunction with the 1999 UN International Year of Older Persons, has organized a satellite feed during a February, 1999 meeting. This feed will facilitate a live discussion between interested persons and groups worldwide. In the second event, organizers devoted to peace have formed The Hague Appeal for Peace, an event that will take place in May, 1999, in Nederlands Congresgebouw, The Hague. This event is being organized around four program areas—disarmament, conflict prevention and resolution, international humanitarian and human rights law, and identification of the root causes of war/building a Culture of Peace.

The results of these first two meetings, as well as outcomes of other events, will be fed into the agenda of an October, 1999 conference in Seoul, Korea, entitled “The Role of NGOs in the 21st Century: Inspire, Empower, Act!” The Tripartite Steering Committee of the Seoul Conference is made up of CONGO, the NGO/DPI Executive Committee and Korea’s Kyung Hee University. The Seoul agenda will include at least twelve one-day tracks that include Productive Aging and Older People; Peace and Security; and Health, Reproductive Health and Mental Health.

Relevant outcomes of the Seoul Conference will be fed to related thematic committees and groups planning the Millennium NGO Forum. Therefore, for example, the results from the Seoul track that includes mental health, as well as mental-health related issues addressed by other Seoul tracks, will be transmitted to the Millennium NGO Forum, specifically to the Forum’s convenors and groups overseeing and implementing mental health issues at national and continental levels.

This is the first time in UN history that all participants from all areas of interest, while pursuing their individual agendas, will simultaneously attempt to work together at the same time for the same goals. It is hoped that the planned interaction and exchange between the various meetings, and the practice of progressively feeding results to succeeding conferences, and ultimately to the Millennium NGO Forum, will enable the Forum to prepare a viable outcome document. In this way, the NGO Forum’s organizers can be confident that the outcome document they hand the Secretary-General reflects the views and wishes of national, regional and international participants. If "cooperation" can remain the working motto, this Millennium NGO Forum process could serve as the model for a new form of consultation to the UN in the 21st Century.
A few years ago I published a book, *Clinical Psychology Since 1917*, which began as a history of the clinical psychology division (Division 12) of the American Psychological Association (APA) and ended up as a history of all clinical psychology organizations in the US and to at least the extent of the field of clinical psychology as a whole. The story it told began with Lightner Witmer's founding of the first psychology clinic at the University of Pennsylvania in 1896. Witmer not only founded that clinic but also helped train the first generation of clinical psychologists. He began the first journal in the field, the Psychological Clinic, in 1907. But above all, Witmer was responsible for the idea, new at the time, that psychology should be used not only to study people but also to try to help them. The first clinical psychology internship was begun at the Vineland Training School in New Jersey, in 1908, by Henry Goddard, who was responsible for bringing the Binet test to this country from France.

The first clinical psychology organization, the American Association of Clinical Psychologists, was founded in 1917 in Pittsburgh. Two years later it was incorporated into the American Psychological Association. In 1937, this Clinical Section broke away from APA and joined a new organization known as the American Association for Applied Psychology (AAAP). Then, in 1945, the AAAP and the pre-war APA merged into the modern APA, and Division 12 and the other original APA divisions began.

It was after World War II in the US that clinical psychology really expanded. Government funds were made available for training clinical psychologists through the Veterans Administration and the National Institute of Mental Health, and the American Psychological Association developed its system for accrediting university clinical psychology training programs. For the first time, practicum and internship training were officially required. This replaced a rather informal prewar system in which psychologists had received their academic training from universities and had put together their own practical training as best they could. The original model for accredited training was developed at the Boulder, Colorado conference in 1949 and aimed at producing PhD clinical psychologists who would be scientist-practitioners. Later at a 1973 conference in Vail, Colorado, a practitioner model of training was approved as another option. This type of training sometimes was linked to a new degree, the doctor of psychology (PsyD). While clinical psychology had focused mostly on testing and assessment before World War II, after the war it became much more involved in psychotherapy, behavior therapy, and other types of intervention procedures.

When my book was published in 1994, I had begun to think of it as a rather general history of clinical psychology. I was therefore brought up short by reading one of the first published reviews of it by my clinical psychologist colleague Victoria Del Barrio, of Madrid, Spain. She liked the book but made it quite clear that it was rather provincial in its coverage.

I already knew a little about the history of clinical psychology outside the US but obviously still have a lot more to learn about it. It is my hope that this new organization just founded, the International Society of Clinical Psychology, will help me meet clinical psychology colleagues in countries around the world and enable me to learn more about how this field is developing outside the US. From what I know already, the post World War II surge in clinical psychology developed not only in the US but in many other countries at about the same time, including Canada, the UK and many British Commonwealth countries, and Scandinavia.

There are also some major differences between clinical psychology in the US and other countries. For one thing, it seems that many more clinical psychologists in the US make their living in the private practice of psychotherapy than is the case abroad. In Canada, the UK, and in the Scandinavian countries it seems that most clinical psychologists work for the national health system and thus in the public sector. Another major difference is in training. In the US there is a long tradition of clinical psychology training at the PhD and more recently at the PsyD level. Here, individuals with training only at the undergraduate level or with master's degrees are in most cases not eligible to be licensed for independent practice. From a legal point of view, they are often not considered to be "psychologists." As I am coming to understand the situation, the pattern of training in psychology in most places in the world (aside from the US and the English speaking part of Canada) is quite different. In many countries, secondary education, for example in a classical Gymnasium, is far more rigorous and comprehensive than is high school in the US. Accordingly, university students in these other countries do not spend their first two years focusing on the liberal arts but immediately begin more intense concentration on their major subject, in this case psychology. At the conclusion of undergraduate university training, they may be eligible for a diploma or license that may enable them to begin work as practicing psychologists. In these countries, master's degrees, the PhD, or other advanced degrees may be available but are meant strictly for those going on for academic or research careers and are irrelevant to practice. In addition, practical training through some non-university organization, for example, in behavior therapy or psychoanalysis, may be sought, which carries its own diploma or credential.

In addition to its implications for practice, clinical psychology is also a field of research, including the study of the nature and causes of psychopathology, the development and validation of assessment procedures, and devising and evaluating effective strategies for prevention and intervention. Such research is not easily divided along disciplinary lines but is better regarded as the shared property of all workers in the mental health field, including psychiatry, clinical, counseling, and school psychology, social work, mental health and family counseling, and nursing, and the basic sciences that underlie these professional specialties. My own historical writing has more recently broadened to focus on the joint history of psychiatry and clinical psychology. Concepts of psychopathology such as melancholia, mania, hysteria, acute mental disturbance associated with fever, mental retardation, and senile dementia were well known to Hippocrates and Galen. Other concepts relevant to mental health and psychosomatic illness can be found in the ancient writings of Egypt, China, and India among other civilizations. Despite the antiquity of such ideas, the field of psychiatry as a medical specialty is only a little over 200 years old—like psychology, it has a long past but a short history.

The coordination of clinical research on psychopathology, across disciplines and across countries, is an important goal for our field. It requires us, as clinical psychologists, to continue to work to build and if necessary repair the bridges between research and practice. This kind of activity is essential to our ability to serve the people who depend on us to relieve their suffering.
The events that took place in the former USSR and then in Russia in 1985-1997 may be called the new Russian Revolution. This revolution produced the most radical changes in state boundaries, economic system, political system, social structure, ideology, etc. It cleared the way for democratization and liberalization of post-totalitarian Russia, for building civil society. But it would be premature to call Russia a democratic country. Its apparent stabilization through stagnation or, in other words, "stabilization of rotting" is very delusive. Economic slump, weakening of the Russian statehood, crimes, lumpenization of a considerable part of the population, downfall for many Russians of their former ideals and life-standards — these are only some negative consequences of the transformation. Naturally, all these disadvantages produced certain shifts in Russian national mentality and affected the inevitable "psychological confusion" of the Russian population. And I would like to trace some of them in this article. My attempt to unravel the intricacies of this subject is based on analysis of different public opinion surveys carried out by Russian central research Institutes and Centres in the 1990s.

An outstanding Russian thinker, one of the founders of American sociology P. Sorokin warned, "Reforms musn’t defy human nature and contradict its fundamental instincts." Although reforms were intended to achieve fundamental economic and sociopolitical changes in the country, they were always conceived and implemented form above; moreover, they were always implemented after the Western patterns. Russian reformers have mostly ignored Russia’s characteristic features deeply rooted in national history, culture, and mentality of its people. Every time the majority of the Russian population was ignored and under-informed. (It was just the same with voucher privatization in the 1990s). Therefore, reforms have been accepted as something alien, even abusive to the national feelings. That produced the "effect of psychological boomerang", and very often reforms in Russia (among them, for example, reforms initiated by Alexander II) have resulted in severe class struggle, assassinations of reformers and, at the end, in revolutions.

Current reforms being insufficiently considered, turned a whole Russia upside down. The absolute majority of Russian citizens at first welcomed reforms with great enthusiasm. Liberty, freedom of speech and the press, the emerging democratic institutions, elected political bodies, effective, functioning market economy, etc. — those were their expectations. A slogan "enrich yourself" based on liberal economic policy and privatization of the state property has been well accepted by many, especially young people, since centrally planned economics couldn’t readily accommodate innovation or new ideas. People have just begun to understand the importance of property rights. But attitudes towards property derived from the deepest values of personal worth, so a full transition from the collective rights of socialist economy to the individual property rights of market economies and legal certainties will take time. It so happened that Russian culture has not developed the concept of privacy and respect of private property known traditionally in Western countries. Even before 1917, in pre-revolutionary Russia, millions and millions of Russians hadn’t any substantial private property, hadn’t landless peasantry that has compiled an absolute majority of the populace and has lived for centuries in agrarian communities.

Does it mean that Russians have always hated private ownership and have inclined to the collectivist rights? It's not so easy to answer this question. Actually, Russians have always disliked people who had gained their private property by dishonest, illegal ways. Political psychologists, analyzing numerous Russian fairy tales, legends, proverbs, have come to the conclusion that in Russian national mentality private property has been mostly associated with such negative features of its owners as greediness, stinginess, cruelty, bribery, extortion, etc. This psychological stereotype gradually became integrated into Russian mentality and political culture. And new Russians who have become rich in the country today through banking, finance, the sale of raw materials abroad, or through the access to government assets have redoubled once more Russians’ dislike of private property aquired at the expense of impoverishment of millions of their fellow citizens. It puts forward the problem of legality of property ownership transfer. In addition to it, Russians nowadays face serious troubles in defending their labor rights because new leaders are owners of businesses who are not interested in the labor rights of the citizens compared with their Soviet counterparts. In the absence of the market for human resources extra-market activities such as crime, corruption, lobbying, and redistributive activities have increased. The most serious damage will also come with adverse demographic trends coupled with the deterioration in public health. Of course, we must take into account the existing discrepancy between the top 10 percent of Russian population and the bottom 10 percent, which is 14-fold and exceeds the world critical index, which is 10-fold. All these disadvantages exacerbated by the general absence of social norms based on trust, contract, rule of law, and substantial degree of civicsness in Russia inevitably exerted negative influence upon people’s psychological mood and brought about a pathogenesis asocium.

Destruction of social relations and political institutions, a lack of correspondence between hopes and myth of democracy and realities result in alarmism, cynicism, and political apathy of many Russians. Different social groups coming to a final understanding of the illusory perspectives to change their social and property status are very frustrated. It especially concerns the older people. For example, Russian pensioners, instead of taking well-earned rest, are socially disadvantaged and forced to simplify their life. One of them in January 1998 on Russia’s TV called a present state policy towards Russian pensioners a genocide. Rising expectations and therefore continuing frustrations produced a rather dangerous situation. Unfortunately, there are many seriously depressed and frustrated people in Russia today — those who are feeling worthless, lethargic, disinterested in anything, unable to sleep or eat normally. And where there is frustration, aggressive tendencies often follow. Statistics show the increase of different forms of social protest in contemporary Russia.
and real danger of extension of its violent ones. For example, the number of people who are ready to participate in them grew from 6 percent (1995) to 13 percent (1997; by the way, among the military it reached 15 percent). Most threatening is the growth of aggressiveness, desocialization, and moral degradation of young people. Thus, the number of teenagers committing crimes in an "aggressive mood" has considerably grown form 3 percent (1996) to 18 percent (1997-1998).

As a matter of fact the state and mentality of young Russians are especially interesting and important, because, on one hand, they are products of the ongoing changes, and on the other hand, they symbolize, in many aspects, Russia's future, which is not clear today. Different poll found that many of them, unfortunately, misinterpreted freedom (one of the achievements of democratic reforms) as relaxation of a discipline and a possibility of illegal activity and businesses. Regarding wealth as the most preferable value and cultural-religious values as relatively unimportant ones, young people are rather tolerant of social and moral distortions. (By the way, the recent public opinion survey observed a certain "washing out" of moral values, "relative moral destitution", a weakening of value-cultural and moral-religious principles typical for different social groups in Russia). For example, every fifth person asserts that laws have sooner limited people's rights than have protected them. Being asked about admissible actions and ways of gaining wealth they showed that many illegal activities might be acceptable, among them: bribery — for 39.4 percent; theft of a big sum of money — 15.9; engagement in commerce with guns, prostitution, and drugs — 11.3, etc., though only some young people expressed their perfect willingness to realize all these intentions. For example, 12 percent are ready to go to work in shady firms; 13 — to become a political figure and to benefit from this position; 3 — to be engaged in commerce with guns, prostitution, and drugs; 25 — won't like to pay taxes, etc.

Different public opinion surveys show rather ambivalent character of Russian national mentality as a result of ongoing transformation. For example, there are many Russians (30-50 percent) who support normative democracy, market economy, building civil society in Russia, and at the same time welcome the idea of a "strong hand." This ambivalent, even discrepant character of national mentality may be also confirmed by an observation of two mostly widespread models of the value system in Russian society picked out by analysts. The representatives of the first one (they composed, according to some public opinion surveys, approximately 30 percent in 1993-1994 and 20-22 percent in 1997) are attracted to postindustrial, individualistic value model of Western type. Until recently many Russian citizens, welcoming reforms and being in euphoria have had great hopes for the rapprochement with the West. This idea is still rather popular among 8.2 percent of respondents (for comparison, they composed 12.1 in 1995). The supporters of another model are attracted to patriarchal-collectivist value system, more typical for Russian national mentality. They compose nowadays approximately about 45-47 percent of the population. So test results reveal some reduction of those who have inclined to the first model. This conclusion correlates with another one: the number of Russians who are moving very slowly back towards socialist ideas almost redoubled from 10 percent in 1995 to 18.4 percent in 1997. Naturally, it's more typical for the representatives of middle-aged and older demographic groups of the Russian population. But not only for them. For example, in the group at the age of 21-26 the number of those who would like to live under Yeltsin's or Brezhnev's regimes is approximately equal. By the way, in spite of their cynicism and political apathy, young people are still optimistic: 18 percent believe in Russians rebirth in the 21st century, its future as great power; 38.2 percent expect to see the situation improving in the next several decades. At the same time the number of young people who would like to be born and live somewhere else, not in Russia, enlarged from 20 percent in 1995 to 27 in 1997.

Russia's development is uncertain today. Analyzing the ongoing crisis, social hardships, aggravated by certain demoralization, social destabilization, and other negative processes, some analysts and laymen are strongly pessimistic about Russia's prospects for development. They argue that Russia and Russians are fully exhausted in 20th century cataclysms, that they haven't any "safety margin" anymore. It seems to me that in such a situation it's very urgent to find the best way to combine necessary modernization of the country with healthy conservatism, national self-identification. We need the golden mean, something like a Russian model of the New Deal, a kind of liberal-collectivist value system that can coordinate people's activity and self-organization with the state policies and help any individual develop in and through a collective. By the way, an outstanding economist, Nobel prize-winner V. Leont'ev compared market economy to a yacht, where a rudder played a role of the state regulation and sails, personal initiative and interest.

In spite of its relative backwardness and crucial sociopolitical and economic problems, Russia has never been the mediocre provinces in European geopolitical and cultural universe. Being true to itself, Russia has always been accepted by others as a great and mystic country. And Russia's future depends upon its people, their capacity and strong desire to improve their lives. They must keep and cherish their remarkable features, such as compassion, readiness to come to the assistance, disinterestedness, and unselshfulness, inherited from their grandparents. Exactly these features have always helped Russian's to survive. I do hope that one day Russia will return just like Phoenix to prosperous and happy life. ■
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