



Philip Levendusky, PhD

WELCOME TO THE FIRST NEWSLETTER OF THE IRENE PIERCE STIVER PSYCHOLOGY ALUMNI ASSOCIATION

It is a pleasure to welcome you to the first edition of the Irene Pierce Stiver Psychology Alumni Association Newsletter (IPSPAA). It has been more than a year since we initiated efforts to establish an alumni organization for McLean psychology training graduates. While this might seem like a relatively easy task, I can assure you that there was enormous effort put forth to bring you this newsletter.

This important outreach alumni initiative could not have been developed without strong encouragement and support from Bruce Cohen, MD, PhD, president and psychiatrist in chief for McLean Hospital. The objective in establishing the IPSPAA (similar efforts have been made to create a residency alumni group) is to foster a renewed connection with our clinical training alma mater. We are gratified by the response of our psychology alumni. At this point, we have developed a fairly accurate database of training classes dating back to 1960.

Mailing lists, first newsletters, an important naming decision and a budding member directory are all-important steps in developing the IPSPAA into a valuable personal and professional link for all members. We look forward to receiving your feedback on helping us continue this objective.

In closing, let me thank Cecelia O'Neal of Network Development, Mark Robart, director, Partial Hospital and Residential Services, Michael Murphy, MD, medical director of the Appleton Program, and psychology graduates Robert Youngberg, PhD ('94), Lynn Heroux, PhD ('02), and Melissa Soza Fees, PhD, ('97), who have enthusiastically shouldered the responsibility of making the Irene Pierce Stiver Psychology Alumni Association an up-and-running entity.

*Philip Levendusky, PhD, Director, Psychology and Psychology Training
Vice President for Network Development
Associate Professor of Psychology, Harvard Medical School*

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Irene Pierce Stiver, PhD

“McLean Hospital was fortunate to have such an able department founder and leader for 39 years, who oversaw many changes in the delivery of psychological care and training.”

Bruce Cohen, MD, PhD

President and Psychiatrist in Chief

McLean Hospital

HONORING OUR FIRST DEPARTMENT HEAD

While many alumni are already aware, we thought it important to acknowledge Irene Pierce Stiver’s passing in September 2000 and pay tribute to the legacy she left behind.

Irene began her career as the first clinical psychologist at McLean in 1952 and the founder of the hospital’s clinical psychology department.

“She was a highly respected clinician and a highly sought-after teacher, mentor and supervisor, whose students are leaders in the field of psychology today,” said Bruce Cohen, MD, PhD, president and psychiatrist in chief for McLean. “McLean Hospital was fortunate to have such an able department founder and leader for 39 years, who oversaw many advances in the delivery of psychological care and training.”

Until her retirement in 1991, Irene continued to treat patients, supervise interns and residents, and develop theoretical constructs that helped advance the understanding of women’s psychological issues. She was instrumental in expanding the teaching functions of the psychology department to include a formal internship, begun in 1964, which received a National Institute of Mental Health training grant in 1966. It was under Irene’s leadership that the internship received its first American Psychological Association accreditation.

After her retirement, Irene continued to supervise psychology interns and psychiatry residents and to serve as a consultant to the staff of McLean’s Women’s Treatment Program. She also maintained an important and longstanding affiliation with the Stone Center at Wellesley College.

In 1989, she received the Ezra Saul Psychological Service Award for Distinguished Contributions to Psychology.

Born in New York City, Irene graduated from Brooklyn College and earned a doctorate at Cornell University where her professional identity was influenced by a number of leading academics, including Fred Marcuse. She is survived by her beloved husband, Raymond Stiver.

Irene will be missed by all of us who had the privilege of her influence in our lives. The McLean Psychology Alumni Association is aptly named in her honor.

THE MCLEAN HOSPITAL PSYCHOLOGY INTERNSHIP IN THE 21ST CENTURY

Edmund Neuhaus, PhD, ('88) Associate Director of Psychology Training

The McLean Hospital Psychology Training Program is thriving. Each year, we receive approximately 150 applications for six internship positions. Gone is the longstanding ritual of “call day,” when prospective trainees would learn where they would spend their intern year. That process was replaced five years ago with a computerized match program—one that brings to McLean top graduate students from across the country. Fortunately for us, many stay and become members of the McLean faculty. For those who leave, most go on to tenure track or medical school academic positions. The McLean internship has an outstanding reputation as a topnotch scientist-practitioner training site.

In the McLean tradition, training focuses on state-of-the-art psychosocial treatment. While largely cognitive behavioral, it integrates other perspectives in fundamental ways. For example, it includes a psychodynamic component and it draws on self-in-relation principles. There are still more elective training opportunities than hours in the day, and the supervisory faculty continue to be of the highest quality. A particular point of pride is that our interns continue to rank supervision as one of the best parts of our program.

Beginning in the 1996-1997 academic year, Philip Levendusky, PhD, and I assumed leadership for a fully integrated clinical psychology internship. The primary training site is the Behavioral Health Program (BHP), which is McLean’s largest partial hospital program (700 admissions per year) with three specialty tracks: MAP (Mood and Anxiety), GAP (General Adult), and Borderline Personality. Interns see large numbers of patients and have substantial training in both individual and group therapy in the partial hospital program as well as in the hospital’s outpatient clinic.

Because of my position as director of the BHP, trainees are fully integrated into the clinical program. There are 40 staff; more than 10+ trainees (six interns, two post-docs, practicum students, social work interns and a resident in psychiatry). While many staff have come and gone through the years, certain faithful long-serving staff remain; most notably, Annmarie McCarthy, RN and Ken Blair. The program is located in the Recreation Building, which was beautifully renovated for us in spring 2004.

For those of you who were at McLean prior to 1994: the BHP is a descendant of the CBTU program and Codman III (which later became Hill Waverly), which merged in 1994. If you were here before 2000, the BHP is a result of a merger of MAP and GAP. The GAP program changed dramatically as long-term psychotic patients were tracked into community based services, resulting in a new focus on short-term managed care treatment. For those of you who were at McLean prior to 2002, we introduced a specialty track for borderline personality disorder, a specialty many of you may think was long overdue. We have successfully and productively collaborated with that program’s leadership, John Gunderson, MD, and are treating patients from across the country who actively seek out our program for the specialized care we offer. The irony for those of you who trained at McLean pre-1994 is that we have a “long-term” borderline track of two months. Short-term treatment is now one to two weeks, even at McLean.

While changes continue to occur at McLean and in psychology training, one constant prevails, and that is McLean is a great place to train and work.



Edmund Neuhaus, PhD

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NEUROPSYCHOLOGY POST DOCTORAL FELLOWSHIP PROGRAM



Post-Docs from left to right:

*Allen Schiller, PhD
Nova University Southeastern*

*Danielle Dobel, PsyD
California School of Professional Psychology*

*Boaz Levy, PhD
University of Southern California*

*Donald Round, PhD ('97)
Assistant Director, Neuropsychology and Psychodiagnostic Testing Center*

The McLean Hospital post-doctoral fellowship in neuropsychology encompasses two years of training in child (at the Learning Evaluation Clinic), adult (via consult requests of referred inpatients and outpatients) and gerontological (via inpatient duties on the Special Care Unit and referred outpatients) assessment. Fellows have clinical duties, including daily brief assessments, attendance at rounds, participation in family meetings and input within a care team approach on an inpatient unit that specializes in the diagnosis, care and treatment of neurological and psychiatric conditions impacting the memory, cognition and general functioning of seniors. Training is intensive, with participation in a host of offerings: the Longwood Neuropsychology Seminar run by William Stone, PhD; Neurobehavioral Rounds with neurology and psychiatry residents at McLean conducted by Bruce Price, MD, chief of Neurology; and miscellaneous less formal classes in imaging, brain anatomy, interpretation of medical lab work, etc. Fellows are also eligible to participate in a range of seminars, lectures and symposia offered by Harvard Medical School. We are currently completing interviews of applicants for the start of the fellowship in the Fall of 2005; all of whom must have their dissertations completed by that time and be fully licensable as clinical psychologists (e.g., have completed all of the requisite course work). While our work is decidedly clinical in orientation; we have had fellows who were able to carve out time for research – and, as you know, McLean offers ample opportunities for this. We expect that fellows will be putting in approximately 50 hours per week on average to meet their clinical responsibilities.

I was actually the first to complete this fellowship in the summer of 1997. Since then we have tried to fill two positions every year to meet the hospital's growing clinical needs. Past fellows currently hold neuropsychology positions in hospitals in Los Angeles and Vancouver, teach courses in area universities and are active staff here at McLean (four of us).

U.S. News & World Report consistently ranks McLean Hospital the nation's top psychiatric hospital. McLean is the largest psychiatric clinical care, teaching and research affiliate of Harvard Medical School, an affiliate of the Massachusetts General Hospital and a member of Partners HealthCare, one of the country's leading healthcare systems.

PSYCHOLOGY TRAINING EARNS ACCREDITATION

In 2004 the American Psychological Association (APA) recognized the McLean Psychology Internship for its excellence by awarding it a seven-year accreditation.

The accreditation was based on a detailed review of a comprehensive self-study report and a thorough two-day site visit by an APA accreditation team. Numerous McLean faculty, staff and trainees contributed to this successful effort.

"This is the first time the internship has been included in the new seven-year accreditation cycle. This represents a significant recognition of the outstanding efforts of our faculty and trainees and will allow us to continue to recruit the top clinical psychology doctoral students," said Philip Levendusky, PhD, director of the Psychology Department.

"This is the longest accreditation the APA gives, which speaks to their high opinion of our program," added Bruce Cohen, MD, PhD, president and psychiatrist in chief for McLean.

A survey accreditation report issued by the APA noted a number of areas in which the program excels, particularly its commitment to hands-on faculty supervision.

"The interns report that their supervision is the best part of this excellent program," wrote Susan Zlotlow, PhD, director of the APA's Office of Program Consultation and Accreditation.

"Every year, interns highlight that supervision is one of the best parts of the training year, and how impressed they are with the dedication to training and mentoring exemplified by their supervisors," said Edmund Neuhaus, PhD, associate director of Psychology Training.

Zlotlow also commended the program for its ability to provide interns with as wide a conceptual framework as possible and for developing an excellent system for providing sequential and graded experiences for interns.

"Interns from previous years report that the training they received is relevant and useful in their preparation as professional psychologists."

In closing remarks of her report, Zlotlow acknowledged the hospital for its dedication to psychology training. "The Committee on Accreditation expresses its appreciation for your personal commitment and the corresponding support of your administration to develop and maintain the best possible quality of graduate education and training in psychology," said Zlotlow.



WHERE ARE THEY NOW?

CLASS OF 2003-2004

Julien Guillaumot, PhD

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Position: Assistant Professor,
American U. of Paris
Doctoral Program: U. Oregon

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Position: Post-doctoral Clinical Fellow CHA/HMS
Doctoral Program: U. South Dakota

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Doctoral Program: U. of Memphis

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Position: Psychologist, National Football League
Doctoral Program: UMASS Amherst

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Position: Applying for Post-doctoral Fellowship
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William Jaffe, PhD

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Position: Post-doctoral Research Fellow,
ADATP, McLean
Doctoral Program: S.U.N.Y at Stony Brook

Class 2004-2005 (pictured left)

Pictured left to right, top row:

Hyo-Jin Kim from Boston Univ.,

Sherrie Delinsky from Rutgers Univ. and

Christie Rizzo from Univ. of Southern CA

Bottom row, left to right:

Ezemenari Obasi from Ohio State Univ.,

Catherine Tellides from McGill Univ. and

Joshua Hrabosky from VA Consortium



INNOVATION CORNER

Carol Kauffman, PhD ('78)

I have long been interested in the application of psychological principles to enhance productivity and competence. It is gratifying to see that this is now an area of growing professional attention. In January 2000, the *American Psychologist* published a special issue on positive psychology. Marty Seligman, PhD, and others wrote a series of articles on how psychology underserves normal and high functioning individuals. Today, there is an Annual Summit of Positive Psychology as well as a bi-annual European conference, numerous texts, handbooks and a stream of articles focusing on how psychologists can work with their patients on enhancing skills and emotional well-being. There have also been research studies showing the efficacy of positive psychology coaching. (Anyone interested can contact me for a bibliography at CarolKauffmanPhD@aol.com).

Positive psychology can offer a theoretical and research foundation for the evolving field of coaching. There are currently a number of ways psychologists can receive training to include specialization as coaches. Over the past year, I have transitioned to a coaching practice. Cognitive therapists as well as relational-cultural therapists are particularly well suited to make this transition.

The assumptions underlying a coaching orientation have far-reaching implications in theory and in the moment-to-moment process work. The decision tree one has in mind shifts radically when basing interventions on assumptions of core health versus pathology. The relationship also shifts to a co-active model from an expert/patient one. Seligman describes the primary difference between therapy and coaching as follows: Therapy focuses on fixing what is wrong with clients; coaching focuses on enhancing what is right with them.

Pragmatically, coaching is based on a different contract with the client. It is non-insurance based, often paid per month in advance and frequently occurs over the telephone versus face to face. Massachusetts Psychological Association lawyer, Eric Harris, has written an excellent contract that clearly distinguishes coaching from clinical practice.

MAILING RESULTS

In 2003, we began forming the Psychology Alumni Association with an initial mailing to more than 430 Alumni dating back to 1960. The response to this mailing was extremely gratifying, garnering more than a 50-percent return. Alumni responses indicated strong preferences for receiving a Psychology Alumni Directory (87 percent), a newsletter (84 percent), McLean Hospital research updates (64 percent), Continuing Education mailings and news on convention socials.

SAVE THE DATE! NOVEMBER 17-20, 2005

Get reacquainted with alumni colleagues at the McLean Alumni social to be held during the Association for Advancement of Behavior Therapy (AABT) conference in Washington, DC. More details to come.

OPPORTUNITY TO PUBLISH!

We are looking for someone to write a "psychodynamic corner" for the newsletter in an effort to meet the interests of all alumni. Please contact Lynn Heroux, PhD or Rob Youngberg, PhD, at psychologyalumni@mclean.harvard.edu if you are interested in this opportunity.

TEST YOUR KNOWLEDGE OF MCLEAN TRIVIA

Robert Youngberg, PhD ('94, pictured left); Terry A. Bragg, Archivist



1. Which McLean building is not linked to the tunnel system?

- a. Upham b. de Marneffe
- c. Bowditch d. Mailman
- e. Codman

2. In what year did the internship in clinical psychology first gain approval from the National Institute of Mental Health?

- a. 1957 b. 1960
- c. 1963 d. 1966
- e. 1969

3. Which building was named after a former McLean Superintendent/ Historian who penned a defining treatise on navigation?

- a. Mailman b. Belknap
- c. Bowditch d. Upham
- e. Appleton

4. In what year was the McLean Hospital incorporated?

- a. 1791 b. 1781
- c. 1980 d. 1811
- e. 1821

5. Which actress won an Academy Award for her performance in *Girl Interrupted*?

- a. Gwyneth Paltrow b. Winona Ryder
- c. Jennifer Love Hewitt d. Drew Barrymore
- e. Angelina Jolie

6. Name the first research psychologist at McLean Hospital.

- a. Shepard Ivory Franz b. Bob Schnitzer
- c. Fredrick Hoffenmueller d. William James
- e. B. F. Skinner

7. Which First Lady attended the Mailman Research Center dedication?

- a. Jacqueline Kennedy b. Ladybird Johnson
- c. Patricia Nixon d. Betty Ford
- e. Rosalyn Carter

8. What was the original name of Pierce Hall?

- a. Hope Hall b. The Gymnasium
- c. Presentation Hall d. Amusement Hall
- e. The Hall of Cases

9. Why did McLean Hospital leave its original location in Charlestown?

- a. a need for greater space
- b. a devastating fire
- c. the expansion of the Boston and Maine railroad
- d. a more desirable location
- e. a generous donation made by a Belmont benefactor

10. What famous landscape architect was involved in choosing the Belmont site for McLean Hospital?

- a. Theodore Winthrop b. Frederick Olmstead
- c. Sir Reginald dePippo d. Richard Belknap
- e. John McLean

LEVEL OF KNOWLEDGE (answers on back)

8 or more correct: Professor in Psychology

7 correct: Associate Professor in Psychology

6 correct: Assistant Professor in Psychology

5 correct: Instructor in Psychology

4 correct: Needs supervision

Less than 3 correct: Repeat training year



Experimental Psychology Lab, 2nd Floor Men's Gym, now Rec Bldg, ca.1905

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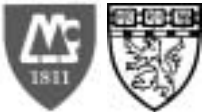
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Those of you who have provided us with your email address can look forward to receiving future editions of the *Psychology Alumni Association News* by email. Please send any email address changes to us at: psychologyalumni@mclean.harvard.edu

Trivia Answers (from last page): 1.a 2.d 3.c 4.c 5.e 6.a 7.e 8.d 9.c and d 10.b



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ADDRESS SERVICE REQUESTED