

Presidential Message

Rhoda L. Fisher, PhD

PRETEND THE WORLD IS FUNNY: COMEDIC HEROES TO THE RESCUE

At our most recent APA meeting there seemed to be an overabundance of social hours especially scheduled at the cocktail hour on Saturday afternoon. My presidential address was also scheduled for that time and my session had nothing to eat or drink. The over scheduling made me feel that print-

ing my talk in the AMPLIFIER rather than presenting it orally in the usual fashion would be preferable. Hopefully, it will be read at your leisure and perhaps away from the pressures of the convention when heads are calmer and minds are clearer. Instead of philosophizing about the meaning of MEDIA or the definition of it or other esoteric information I want to demonstrate an approach to MEDIA issues, in particular, humor that I think is an important slice of what we MEDIA psychologists can study. MEDIA presents an opportunity to flex our muscles both as MEDIA experts and as psychological experts.

I hope that in the near future we can take the opportunity to discuss some of these findings. Not being able to interchange with you is the one limitation of the print medium that does not exist in verbal exchange and the main disappointment in this written presentation. I will dispel with all the formalities of how I set up this project. I am not going to take the time to tell you about the groups and how I quantified the data. If you are overcome by what I am about to describe, you can get the details in my book PRETEND THE WORLD IS FUNNY AND FOREVER: A PSYCHOLOGICAL STUDY OF CLOWNS, COMICS, AND ACTORS.

I would like to take a couple of our findings and translate them into living reality.

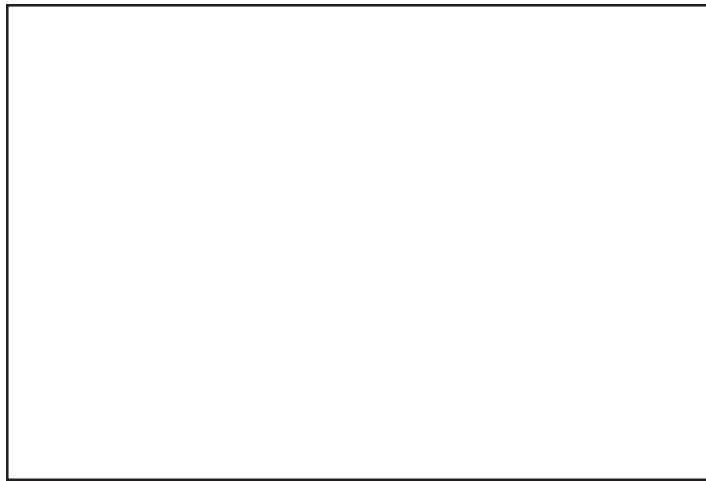
One major finding was the comedian's concern with GOOD VS EVIL. This theme of good vs bad is central to the comedian's struggle. The comic is forever trying to demonstrate his basic virtue.

In the talk I would show a film clip from a Charlie Chaplin movie. In it, Charlie is working for a tailor and, at the moment, he has been assigned the job of measuring an amply endowed lady for a suit. She is a very imposing lady, and he knows he must not displease her. This parallels his attitude toward his mother whom he and most comedians see as formidable and hard to satisfy. If you viewed the film clip of Chaplin you would easily see this dimension of good vs evil. I have a second example of moral correctness. The comic spends much of his act in denying the possibility that he is a bad person. Humor is used to create an ambiance of wrong vs right, good or bad. The message is given that good and evil exist only in the eye of the beholder. When the comic appears before his audience he is a central figure in a quasi-morality skit. With the skills of the funny man, he enacts the theme of evil and anti-evil and asks not only for absolute but also affectionate approval. Indeed, he asks too that we deny that there is any reliable way of determining what is good and what is bad. He is alternately the devil, the angel, and an Anarchist who denies that any meaningful standards about evil and virtue are possible.

At this point, I wish I could show you a film clip in which Jackie Mason delivers a spiel about the relativity of one kind of evil, and of course compared to his own goodness.

Another major area of preoccupation I would have suggested that you watch for is the concept of big vs small. Comedians are intently tuned in to the fact that there are very small and also very large
(Continued on page 2)

PLEASE VOTE!
Two Ballots Inside -- See Pages 8-9
(1) By-laws Revision Ballot
(2) Nominations Ballot
Please mail ballots
in separate envelopes.



President **Rhoda Fisher** and former Board member **Helen Freedman** “table” their discussion for a moment at the Social Hour.

things in the world, and they find the disparity to be puzzling and a chronic source of amazement to them.

In both of these examples you would note how prevalent is the use of deception. What Charlie wants to do and what he is supposed to do are no where in sight of each other, as is Jackie Mason, as well in a speech he makes in one of my film clip examples.

My own thinking about the comic’s preoccupation with size is that it probably has multiple meanings and functions. Comics mull over images of smallness because they feel small and depreciated. Obviously, condensation is widely used to create humor. Comedians typically grasp the multiple aspects of a situation, with all of its incongruity and complexity, and neatly condense it into a phrase or a dramatic image. They are highly expert at miniaturizing.

Comics mull over images of smallness because they personally feel small and depreciated. I thought that they must experience sensations of smallness as an expression of their reaction to the big load that their parents prematurely loaded on to them. Comedians never report anything in their immediate proportions. They deal with midget prototypes or giant replicas. Size distortion is basic to humor. It is basic to caricature. There are major mechanisms of humor formation that derive their power from packing meaning into small cognitive spaces. I wish I could play for you a story told by Gilda Radner which says it all.

I would like to underscore that I have not been able to isolate a “comic personality” as such. The comic comes in many different forms. It is doubtful that anyone will ever succeed in compiling a neat trait profile of the professional comedian. What I have done is to establish that they have focalized areas of tension and doubt; certain attitudes toward mother and father; and a number of beliefs about the demanding, contradictory, deceptive nature of their environs. Within this psychological context many different trait patterns are possible and even probable. One comic may passively submit to internalized demands, another may resist in an active compensatory fashion, and still another may fluctuate between active and passive modes. Multiple varieties of defensive combinations may evolve.

The only major overt pattern that is shared among comics is the use of humor to establish a vocation and to stimulate people into a mixed response of “You are funny and entertaining” and “You are ridiculous.”

The comedians of the world are extraordinary figures. They have been pressed into service to cope with the most extraordinary of contradiction and paradoxes. They seem to evolve in sectors of great compression where opposing forces are colliding and where potential chaos looms unless unusual forms of integration are introduced. In coping with extraordinary paradoxes, they must be prepared to entertain thoughts and fantasies that are “way out”. They must be ready to risk thinking, seeing, and doing things that are so unbelievably preposterous that only a fool would get involved with them. If you are going to tackle problems that are beyond reason in the realm of the nonsensical, you have to take a plunge into nonsense. But if you are the one that dares the plunge, you must possess some unusual strength. You are a person who is in danger of losing reasonable human attributes because you dare to rub up against nutty irrationalities and also one who commands a paradoxical respect because of your apparent comfort with these irrational forms. There is no way to calculate how effective the comic-fools of the world have been in their paradox-solving forays. It may be, however, that their most important function is not to achieve successful solutions on their own, but rather to provide highly visible models which each individual may emulate in his own life. They may be public images that inspire us to believe it is possible to go right up to, and cross over, the borderline into that which is unthinkable and still survive. The comic is a peculiar mutant hero who has a lot of courage.

Impressions of the Convention

Rhoda L. Fisher, PhD

The wide ranging design of the Chicago Convention Center only added to the wide ranging topics being discussed by members of the American Psychological Association.

Amplifier Statement

The Amplifier is published three times a year by APA Division 46, the Division of Media Psychology. Unsolicited contributions from members are welcomed and encouraged. Send articles directly to the Newsletter Editor (loupero@infi.net). Deadlines for receipt of articles are as follows: March 1 for Spring Issue, June 1 for Summer Issue, and October 1 for Fall Double Issue. Articles submitted must be relevant to media psychology and should not have been published elsewhere. Authors should ensure that their articles are in accord with APA guidelines regarding client confidentiality, use of research participants, format, etc.

I went paper hopping—one of my favorite convention pass times. To “play” one simply drops in on sessions without screening for topics presented. I found the variation in topics to be astounding and tempting. One could step out of one’s usual range of topics and instead bask in the novelty of the thoughts of other psychologists. One could experience their findings and their research designs.

Among the presentations heard was a discussion of public policy and with it an explanation of how we operate regarding the Senate and Congress and what we are called upon to contribute to government.

I happened in to a talk on the uses of computers in treating alcoholism.

At our own Division 46 Board meeting I heard about

- How our new web page was faring.
- What is the optimal number of years a term of office should be.
- Distance learning.

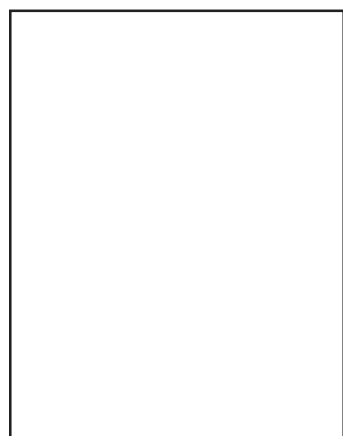
To name a few items.

And to top it off, we had our very own MEDIA MAVENS entertaining us on Saturday evening.

All in all, the meeting was a stimulating summary of what psychology is all about. A GIGANTIC MEETING IN A GIGANTIC SPACE WITH A GIGANTIC VARIETY OF TOPICS!

From the Editor

Louis A. Perrott, PhD



The Fall issue starts off by calling our reader’s attention to the inclusion of two items that members are asked to complete and mail in as soon as possible: the Ballot for By-Laws revision and the Call For Nominations for 2003 Officers. Both are included as the center tear-out insert.

This issue includes coverage of and commentary on some of the Division’s APA Convention Program. Program Chair **Eve Whitmore, PhD** shares her per-

spectives on the Chicago Convention, followed by President-Elect **Elizabeth K. Carll, PhD** reporting on the presentation of the News Media Recognition Award at President Zimbardo’s Media Town Hall Meeting. Dr. Carll also reports on the “Terrorism and Psychology” symposium presented at the Convention. Media Watch Chair **Harriet Schultz, PhD** informs members about this year’s Golden Psi Award winner. **Florence W. Kaslow, PhD**, coordinated the produc-



Kate Wachs and past Board member Val Farmer share a moment at the Division’s Social Hour.

tion of the Second Media Mavens Talent Show, which honored Ray Fowler, and reports on the show’s successful acts. Our President, **Rhoda Fisher, PhD**, offers her comments about the convention. This issue also offers a series of pictorial glimpses of people and divisional events in Chicago 2002.

In her article entitled “When Life Imitates Art,” **Mary Gregerson, PhD** discusses the facets of “real” and fictional portrayals of psychologists appearing in movies. **Lawrence Balter, PhD** offers his “Tip Sheet” that members can use related to 9/11 Anniversary Reactions.

In “Considerations for Professional Psychologists in the Digital Age,” **Manny Tau, PsyD** offers some valuable information our members will want to carefully consider, as they ponder the risks of “data jacking.”

Anniversary Reactions: Remembering September 11, 2001

Helping Adults and Children Cope

Dr. Lawrence Balter

Most of us will have some psychological reactions to the anniversary of September 11, 2001. However, people are different and reactions will vary. Media coverage may heighten stressful feelings in some while serving to relieve others.

At a time when there will be many commemorative events held in communities across the nation, it is important to gauge how much exposure is right for you and your children. While there are no hard and fast rules that apply to everyone, here are some suggestions that can help you and your children cope with the first anniversary of the attacks of September 11, 2001.

- First and foremost, it is vital to acknowledge that a range of



Elizabeth Carll, President-Elect (center left), presenting Marilyn Elias of USA Today the News Media Recognition Award for excellence in the reporting of psychological research and information at the 2002 APA Annual Convention Media Town Hall Meeting. (Seated front L to R: Rhea Farberman, Erica Goode, Robert Epstein, Andrea Gitow, Peggy Gershman. Seated rear left: Roger Klein, Media Town Hall Chair.)

emotional reactions is to be expected. In some people, emotions might run high, while others might seem to be unconcerned.

- Typical reactions include overall jitteriness, nervousness and apprehension. Also likely are an inability to concentrate, impatience, clinginess, and a desire to stay close to home. There may be some sleeping and eating disturbances, too.
- Don't pressure anyone to talk about feelings. Some people cope best by reflecting quietly. By the same token, encourage discussion on the part of children and adults who are comfortable doing so and who prefer to not be alone with their feelings.
- Be aware of your own reactions. Some adults become so involved in their children's and friends' reactions that they overlook their own. Allow time to feel and to think about what these events mean to you.
- Memories of other sad times of loss or fear may come to mind. If you suddenly start to remember all kinds of unrelated upsetting past events, do not be alarmed. It is a natural psychological process because they are connected to feelings similar to those brought about by this anniversary.
- Try to maintain a regular routine throughout the days around the anniversary, but allow yourself time to relax and de-stress. Take in a movie, add a yoga class, go for a bike ride or a leisurely walk, or jog.

To receive an application for membership in the Division of Media Psychology, please contact Keith Cooke at kcooke@apa.org or phone 202-336-6197 or fax 202-218-3599.

Although sometimes people have anniversary reactions without realizing why they feel the way they do, that is unlikely with this particular anniversary. If emotional reactions persist, assistance from a psychologist is recommended.

News Media Recognition Award Debuts at APA Annual Convention

Elizabeth Carll, PhD
President-Elect

Chair, News Media, Public Education, Public Policy Committee

The news media has great influence in shaping public opinion and ultimately public policy. Accuracy and in-depth coverage about social issues helps provide the foundation for promoting positive social change. Therefore, it is important to recognize those journalists who demonstrate excellence in the reporting of psychological information and research. Having established the News Media, Public Education, Public Policy (NMPEPP) Committee in 2000 and then promoting the development of the News Media Award, it was rewarding to have the project come to fruition. As print media (news-papers) is the oldest form of news media, we decided that it would be appropriate for the first News Media Recognition Award to honor a print journalist. We are planning on presenting awards to broadcast and Internet media next year.

The News Media Recognition Award was presented to Marilyn Elias, Health and Behavior reporter for USA Today, at the Media Town Hall Meeting at the 2002 APA Annual Convention in Chicago. Marilyn Elias has a distinguished track record of writing thought provoking stories on challenging topics concerning psychological issues. Her many articles include a cover story on the use of drugs for childhood and adolescent depression exploring how parents make decisions, discrimination against minorities in schools' zero tolerance policies, and unnoticed heroism in response to the 9/11 terrorist attacks.

The NMPEPP Committee is very appreciative of the support of Dr. Phil Zimbardo and Rhea Farberman in providing the venue and the support of the Division 46 Board for making the News Media Recognition Award possible.

Media Watch Committee Awards Golden Psi to Psychologist Stephen White

Harriet T. Schultz, PhD
Chair, Media Watch Committee

The Media Watch Committee presented this year's Golden Psi Media Award to Clinical Psychologist Stephen White, PhD at the Media Town Hall Meeting during the APA Convention. The award is

given to a producer or author who either portrays a fictional mental health practitioner behaving in a highly professional/ethical manner or, if the behavior is not ethical, it is clearly labeled as such.

Dr. White has written several mystery novels that feature a clinical psychologist, Dr. Alan Gregory, who finds himself in situations where he must grapple with ethical issues. He may not always follow the rules, but he does wrangle with the complexities that arise when faced with dilemmas that most of us would have nightmares about if we were to see such patients in our offices! The committee felt that the author made a significant contribution to public education by elucidating issues like dual relationships, the importance of confidentiality, and duty to warn—all within the context of an exciting mystery. The award was given for his most recent books, *The Program* and *Warning Signs*.

Dr. White graciously responded with the following comments:

“It was with great pleasure and significant pride that I learned that I would be receiving the Golden Psi Media Award from the Division of Media Psychology. I have to admit to an element of surprise, as well. As virtually any writer who writes anything will acknowledge, once something is published the author has no idea who, if anyone, might be out there reading it. I am thrilled to learn that at least a few of my colleagues and peers are reading my work and that they recognize the respect with which I try to treat our profession in my novels.

I was a practicing clinical psychologist for much longer than I’ve been a novelist and I maintain a strong sense of allegiance, and gratitude, to a profession that I know does an awful lot of good, and that is often misrepresented in popular media. I’ve always felt a responsibility to present the profession accurately in my work. Attending to the ethical issues that confront clinical psychology has never limited my storytelling ability; I actually feel that the ethical content enhances the narrative. The conundrums that psychologists face in clinical situations regarding confidentiality, dual relationships, duty to warn, and other issues provide the precise kinds of internal conflict that makes for good dramatic tension.

I recognize that people don’t read crime fiction to learn about psychology or ethics or anything else; they read for entertainment. But I’ve also learned that people are delighted to learn things while they are being entertained, and I see no reason not to present the profession accurately, and a whole slew of reasons to do so. The trick, I think, is managing to be heuristic without becoming didactic. I work diligently to make the lessons invisible, essential to the story, and integrated as seamlessly as possible. Why? The more the public learns about the way that psychologists actually behave the better it is for us as a profession, and the better it is for the public when the time comes that they might become consumers of psychological services.”

Dr. White’s goals in writing his novels dovetail perfectly with the goals of our committee and represent the *raison d’être* for bestowing the Golden Psi.



Harriet Schultz, Media Watch Committee Chair (center left), presents Glenda Russell, accepting on behalf of mystery writer Stephen White, the Golden Psi Award for excellence in the fictional portrayal of mental health professionals at the 2002 APA Annual Convention Media Town Hall Meeting. (Seated front L to R: Rhea Farberman, Erica Goode, Robert Epstein, Andrea Gitow, Marilyn Elias, Peggy Girshman. Seated rear left: Roger Klein, Media Town Hall Chair.)

Terrorism and Psychology

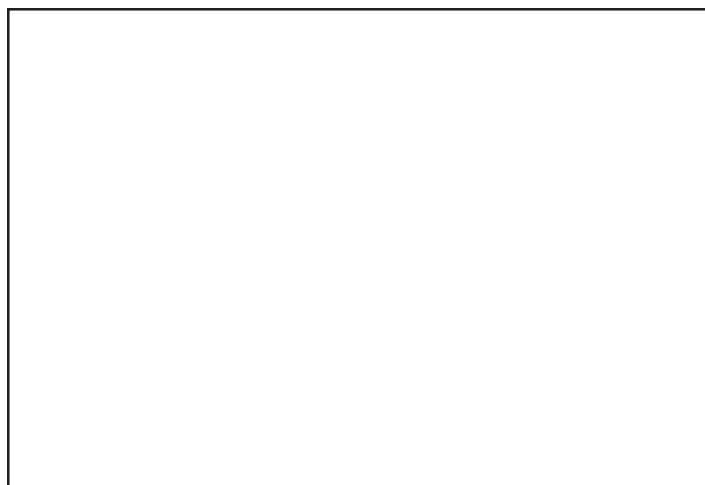
Elizabeth Carll, PhD

The Terrorism and Psychology symposium presented at the 2002 APA Convention was co-sponsored by the Media and International Divisions and focused on a comprehensive approach examining issues related to both perpetrators and victims. The program, organized by Elizabeth Carll, address the integrative role psychologists can play in conflict resolution, post-war reconciliation, assessment, and intervention, as well as the phenomenology, psychological profile, and dynamics of the perpetrators of terrorism.

Chris Stout’s presentation blended global epidemiological statistics, facts, and figures with compelling and descriptive real-life accounts of the impact of war on civilians and children. He emphasized the important roles psychologists can play at various levels of intervention including conflict resolution, post-war reconciliation, and clinical interventions.

Elizabeth Carll discussed a multifaceted approach describing a continuum of strategies for dealing with the immediate acute stress on both individual and large groups, as well as coping with longer-term symptoms and post-traumatic stress. In addition, she emphasized the need for large-scale intervention for the public using the mass media, including a comparison of some of her experiences over the past twelve years in utilizing the news media to help people in the aftermath of violence and terrorism.

Clark McCauley spoke about combatant and noncombatant violence, with violence against civilians having the highest number of casualties. He emphasized the fallacy of terrorism as a hate crime, as martyrs sacrifice themselves for a larger cause. He discussed the need to understand group identification and the reciprocity rule (returning good for good and evil for evil) in creating the escalation of violence.



At the Division's Social Hour, Program Chair Eve Whitmore chats with two of our Tech Sponsors.

Tom Greening described the worldview of terrorists and the beliefs that drive them. He emphasized that effective policies and actions must be based on accurate assessments of ourselves, our enemies, and how others perceive themselves and us. He described many characteristics of terrorists which can be applied to both groups in a conflict and the relativity of perceptions. For example, Greening cited the example of the meaning of 9/11 in Chile, which refers to the terror and violence arising from a CIA backed coup that took place on 9/11 in 1973.

Ron Levant, as discussant, spoke about APA's role in addressing various aspects of terrorism through the combined resources of both research and practice. This initiative is spearheaded by the APA Board of Director's Subcommittee on Psychology's Response to Terrorism. He also discussed the need to include psychology in legislative and government policy decisions.

The comprehensive nature of this symposium led to an extensive and lively discussion, with many questions from the audience.

My Adventures in Chicago While Attending the APA Convention 2002

Eve F. Whitmore, Program Chair

After arriving Wednesday afternoon to the Hyatt at McCormick Place, I was determined to find and explore the convention center and conference rooms in preparation for Thursday. If possible, I wanted to find the APA Press room and drop off abstracts and papers. A friend and I began up the three sets of escalators. It felt like we were ascending into the heavens. It turned out we were entering the cavernous building of McCormick Place Convention Center. We appeared to be the only ones traversing the area. Our voices echoed as we began chit chatting. We saw a familiar sign which read, **The Press room**, with an arrow pointing down. We had a hunch this might be the APA Press room. My friend and I looked

at each other and both agreed to descend, this time down two sets of escalators and two levels. Briefly, I thought that, if going up was like the heavens, I hate to think what going down would mean. By then, my friend was looking a little weary, so I left her sitting at a table by herself in an unlit, closed fast food restaurant. There were no other options. As I left to find the press room, I was reluctant to leave my friend, but duty called, and I pressed on to the Press room. Just then, I saw a security guard checking the area. As it turned out, the Press room was just around the corner. Finding it was locked, I turned around to find my way back. I saw a light across the way and decided to see if there were any other humans around. Yes, indeed, in another large room, there was a man sitting at a small desk. He looked surprised to see me. He told me that numerous souls had passed by this way looking "lost". Somehow, his comment did not reassure me. So I went on to find my friend who was ready to survey the area again. We took an escalator up and then proceeded to walk into another dark cave-like room as big as the Convention Center. Truly cave-like as we later found out they were having problems with bats! I thought to myself this must be the exhibit hall. As we walked through, we had to dodge giant pallets and large equipment. We saw an exit sign but realized we would have to scramble through this obstacle course in order to get close to the door. Some how this did not look like APA merchandise placed in dark corners and on pallets. Then we saw two security guards with their backs to us standing at the exit door. They had no idea that we had come in through the back door. I wanted to yell out, hoping they would throw us a rope and a light. But then my friend found an opening which we quickly took to get out of this place. As we passed through the door into the light, the security guards just looked at us as they continued to converse with each other. Apparently, this was not unusual to see people appear out of this darkness. My friend and I looked at each other and giggled. We brushed off the dust that had settled on us, as we had angled around pallets and looked at each other in disbelief. Could 15,000 people really be coming here in less than 24 hours?

By Thursday morning, the Convention Center began filling up with psychologists. A reassuring feeling came over me, as I traversed to the other side of the Convention Center, Lakeside attracted by Starbuck's aroma and seeing the APA Exhibit Hall across the way.

All in all, there were some terrific programs sponsored by Division 46. To highlight a few of the programs which included: **You Think You Have Problems? Humor and Psychotherapy**, chair, Irene Deitch. There was a sizeable attendance at this symposium and a lot of chuckling. Also, Harriet Schultz presented on **Movie Psychologists- Their Influence on Clients and Students** and Marlene Maheu presented on **Behavioral Telehealth and the Internet-A glimpse into the future**. There were numerous symposia on technology which was one of the themes this year for Media. On Friday, the symposium, **From Virtual Reality to the Internet** included a panel of 7 psychologists, who presented their technologies. It was well received by the audience and press as well. The Boston Globe printed a story (August 26, 2002) on this symposium entitled, **New Gear Makes Talking Cure A Virtual Reality**. The symposium was also picked up by UPI services.

Another major theme this year focused on different effects of 9-11. Elizabeth K. Carll was chair of the symposium **Terrorism and Psychology**. Additionally, the symposium, **Psychology in the News—Helping People Cope After September 11th**, chair Roger Klein and **Dateline 9-11-01-Fear and Hope After the Terrorists' Attacks** with Mary Gregerson. The Media Division was invited by APA President Phillip Zimbardo to present an award at his Town Hall Meeting, Saturday afternoon. Both President-elect, Elizabeth K. Carll and Media Watch Chair, Harriet Schultz presented the award to Marilyn Elias, a reporter for USA Today for her excellent writings in the field of psychology.

The Social Hour with Divisions 10, 36, 24, 26, 32 was well attended and a success in our cross pollination. As reported by members of Media, numerous contacts were made with members of these divisions. Additionally, Division 46 received some financial sponsorship from two technology groups. Many thanks to Dr. Reid Hester, Director of Research Division of Behavior Therapy Associates in Albuquerque, NM and Dr. John Koontz, president of LifeOptions, Inc. in Vienna, VA.

I enjoyed working as Program Chair for the Media Division during 2001-2002. It was my pleasure to work with members of the Division. I look forward to serving the Media Division in 2003.

Considerations for Professional Psychologists in the Digital Age

Manny Tau, PsyD

The age of information technology brings wonderful resources to psychologists. An awareness of the “data crumbs” that are vulnerable to “data jacking” needs to be taken into consideration, not only for the confidentiality of clients, but more importantly, for the confidentiality of the professional. Following are some issues for your considerations. Not to be paranoid about these issues, but “how would you like a malicious borderline patient literate in computer skills know where you live or where your kids go to school?”

- Do not receive Board of Psychology mailings at your home address.
 - Your home address will be available on their website when someone does a search on the status of your license and if there are any BOD actions.
- Lock up or shred/destroy your organizer pages of previous years
 - This is the most sensitive compendium of information you create about yourself, your personal schedule, and your client appointments. Many are even sitting openly on a shelf in a Franklin binder that has 2001 on the spine.
 - Many of you even have a cheat sheet embedded within the pages, of your various passwords and PIN's.



*Former President and Board member **Stuart Fishoft** visits with former Board member **Roger Klein**.*

- Shred potentially sensitive mailings, such as credit card offers.
 - Identity theft easily starts here, particularly with women.
 - Example: your first name, that matches with a valid maiden name and birthdate that is easily obtained from thousands of genealogy websites (Mormon's are well known for this), and your SSN, can lead to false applications and address changes, thus giving typically \$3000-\$5000 credit lines, and approximately 2-years of headaches, at least.
- Never disclose passwords to any accounts, particular email and website accounts.
 - This is another component of identity theft.
- Utilized a “throwaway” email account in addition to your main personal and professional email accounts.
 - Many free email accounts are available, and should be used for various login/signup requests with various web resources. This email address will be vulnerable to spams and various companies who buy email lists for marketing purposes, but your more important ones will be “off their radar screen.”
- Remove your auto registration from your car's glove box.
 - This usually contains your home address.
 - Have a photocopy of this behind your driver's license in your wallet/purse.
- A specific checking account for online purchases and transactions.
 - Free checking accounts with a debit card are available.
 - Only place \$500 or so into the account.
 - Provides a barrier from your main accounts from hackers, and those who steal your account number and PIN through social engineering.
- No personal mail or personally subscribed magazines in your office.

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- Do not use the same PIN or password across different accounts, especially for credit/debit cards with ATM access.
 - “Shoulder surfing” is the simple observation of someone keying in a PIN. The 3x3 matrix of keypads makes it very easy to emulate the pattern. The premeditated theft of a wallet or purse will make a person vulnerable to losses through the ATM. With the typical cash out limit of \$300 per day, multiple cards used at 11:45pm, and then again at 12:15am, may result in over \$1200 cashed out in a 30-minute period.
- Passwords should be a combination of letters and numbers, and not words found in a dictionary.
 - To many people use combinations that are easy to figure out, or cracked by software easily obtainable through hacking resources on the web.
 - Examples of bad passwords: first name, last name, initials, birthdates, anniversary dates, pet names, or any combination of such.
- Password protect access to your computer.
- Password protect access to client files.
 - Psychologists show due diligence with client confidentiality with placing client charts/data in locked cabinets, but often do not do the same with digital client files.
 - Though there has yet been a court case to set a precedence for lack of due diligence of a Psychologist not appropriately securing digital client files, it is incumbent upon a professional with advanced education to fully understand and show due diligence when utilizing technologies in providing services to the public.
- Encrypt client reports when transmitting through email.
- Utilize antivirus software and weekly update virus definition support files for software
 - Norton Antivirus seems to catch more viruses than McAfee’s VirusScan in tandem comparisons, from my personal experimentations.
 - There are many viruses in the wild that will not only go through one’s address book and send virus infected emails to those listed with email addresses, but will also include a randomly selected file from the victim’s computer.
- Utilize software or hardware firewalls for Internet connections to prevent port snooping and Trojan horse viruses.
 - Ports in an Internet connected computer are like open doors and windows for specific simultaneous functions. Port snooping is when a hacker is using various “network administration” software to query what ports are unprotected for unauthorized entry, allowing the hacker to “take root,” to take control of the computer which includes examining and stealing files.
- Highly recommend a hardware firewall for those with broadband connections due to inherent network vulnerabilities.
- Digital client files backed up on CD-RW, tape, or an external hard drive, and secured in a locked cabinet.
- Add “!00000” (without the quotes) and no other data, as the first contact in Outlook address book.
 - A simple cheat to thwart recent worm type viruses that automatically emails infected files to entries in Outlook’s address book.
 - Does not prevent you from getting infected with a virus, just prevents from infecting others with automatic emails propagated from your infected computer.
- Use only mobile and cordless phones in digital mode for conversations involving sensitive and client related data.
 - Analog mode conversations can be eavesdropped easily, accidentally or purposely.
 - There is a significant subculture of those whose past-time is to scan the airwaves in search of conversations. Next time you’re in a bookstore, re-view the contents of Monitoring Times magazine; you’ll be amazed of what’s available to the public. It is generally not illegal to scan and listen in on conversations over the airwaves, but is illegal to use this information in any form. Yeah, right.
- Utilizing “shredding” software when deleting a client file to ensure complete file deletion
 - Deleted files can easily be undeleted.
 - SecureShred from www.procreativesystems.com/shred is one resource.
- IMPORTANT! Show due diligence when selling your computer and completely delete client files.
 - Digitally “shred” client files, or
 - Reformat the hard drive and reinstall the original operating system, or
 - Remove the hard drive and secure it, and replace with a new one

My goal with these considerations is to bring into awareness, considerations for the psychologist and the data crumbs left behind in the wake of his/her personal and professional life. These issues and their precursor issues, were initially co-presented by Michael D. Angioli, PhD, FAClinP, ABPP, and myself at the August 1990 APA Convention in Boston, MA, “Computer Use in Independent Practice: Professional, Clinical and Ethical Issues.” To date, the American Psychological Association nor any other Psychological Associations that I’m aware of, have not provided comprehensive guidelines concerning these issues. It is incumbent upon us as highly trained professionals to educate ourselves and implement appropriate strategies with our professional services to the public and to ourselves, in this digital age.

**Deadline for Spring Issue:
March 1**

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Second Media Mavens Talent Show: A Farewell to Ray Fowler

Florence Kaslow, PhD, ABPP
(A Division #46 Past President)

Wow. A cast of so many talent psychologists entertaining in a cabaret really made for a stellar evening at the APA Presidential Reception. This year's show was again sponsored by Division #46 and with the active support of President Phil Zimbardo. The superb program and cast included:

Cabaret
Susan Addis

Farewell To Fowler: A Love Song
Irene Deitch

Summertime
My Yiddishe Momma
Phyllis Koch Sheras

All By Myself
Stanley Moldawsky

Quando Me'en Vo – Selection from La Boheme
Anna Pecoraro

Those Were the Days & Other Selections
Division 35 Women's Chorus
Jacquelyn Gentry, Leader

It May Be the Last Day
Mary Gloria Njaku and Susan Addis

Doctor No Discusses American Culture: A Comedy Sketch
Paul Kimmel

They Can't Take That Away From Me
The Best is Yet to Come
Lucille Carr-Kaffashan



The Division's Convention Cluster Program was entitled "Health Psychology at the Cutting Edge." The participants were (left to right) Steven Blair, Lilli Friedland, Chair Alan Entin, Patricia Pimental, Dean Ornish.

Russian Songs
Yelena Drozdov

Grand Finale – Dance 'Til Dawn with the Raucous Caucus
APA Dance Caucus
Loretta Kroin, Organizer

Our fine accompanist, Stan Moldawsky, also played a jazz piano solo and sang. It led off with a short soft shoe dance. Three of the vocalists were graduate students who should have a great future and who, like the other non-46 member participants, have been encouraged to join the Division.

Putting this all together as director and producer and that night as emcee was a labor intensive and challenging task. From the original casting call, which yielded many more volunteers than time would permit utilizing, until the final curtain call, we had to be "on our toes".

My thanks go particularly to our committee members, Lilli Friedland, Susan Kastl and Lou Perrott who helped make this fantasy into a reality; to Judy Strassberger and Elizabeth Kaplinski of the APA Executive Office, who saw to the physical arrangements and so much more; to Phil Zimbardo, for inviting us to provide part of the entertainment at his reception; and to Ray Fowler for being such a good sport and joining in the show as the object of everyone's affection.

When Life Imitates Art

Mary Gregerson, PhD
The Family Therapy Institute of Alexandria

Paper presented at the 110th Annual Conference of the American Psychological Association, Chicago, Illinois

Psychology *per se* now joins psychologists as a main professional

interest in parts of Division 46 Media Psychology. So far psychologists of our interest pop up in the media both as real and fictional characters. This recent worthwhile media focus on psychologists, both real and unreal, gives impetus to explore other beneficial venues for psychology in the media. After a brief review of psychologists in the media, a more concentrated view explores the uses of *psychology* in the media for enhancing clinical service delivery.

Real Psychologists

Real psychologists in high profile in the media seem here to stay. On 16 September 2002 the real psychologist “Dr. Phil” began his own talk show on what he calls Truth TV, an off-shoot from his appearances on Oprah Winfrey’s afternoon talk show. Like him or loathe him, Dr. Phil McGraw joins the Real Psychologist ranks of Dr. Joy Browne, whose short run TV show barely made a blip on the television radar screen. Although “Dr. Joy” returned successfully to her radio talk show, these two first-name-single-moniker celebrity psychologists actually had or have their own television talk shows based upon on air service delivery of sorts. Other real psychologists visible in the televised media have been Dr. Joyce Brothers and Dr. Ruth Westheimer, best known as “Dr. Ruth.” Both Dr. Brothers and Dr. Ruth served as lower profile expert (although not all psychologists endorsed their expert status) guests on others’ television talk shows. Television seems attracted to psychologists. One will surely stay high profile one of these days.

The medium of radio joins television in its fascination with psychologists. Our own Dr. Sally Singer Horwatt has a well-respected continuing radio spot called “Off the Top of My Head,” and Dr. Roger Klein’s excellent “Psychology Minute” is finding its place on the radio airwaves. (Note: Since the controversial radio personality “Dr. Laura” has an MA in Marriage, Family, and Child Counseling and a PhD in Physiology, she is most properly termed a counselor or a moralist and not a psychologist.) Today the picture of real psychologists, without critiquing their effectiveness, attractiveness, or ethics, has a higher profile in both radio and television. Real psychologists are real TV and radio media stars.

Real psychologists are only supporting players, though, in the popular print media. Supporting players mean the lower profile of expert consultant status. The print media ubiquitously quotes real psychology sources, providing evidence for a receptive audience to a higher profile role for a real psychologist. For instance, some medical doctors now have continuing columns in a number of popular print venues. Is their psychology counterpart far behind?

A main print lay dispenser of psychological advice, Anne Landers, died this year. Isn’t there a Dr. _____ who could replace her for dispensing psychologically sound advice that is more than common sense to thus surpass Anne’s role? The public relations value of such a popular outlet reverberates even into the backwaters of our nation. Real dilemmas in real people’s lives sometimes outdo even the fantasized psychology and psychologists found in fiction.

Unreal Psychologists

In various media forms, fictional psychologists far outnumber real psychologists. Imaginary therapy and therapists found in films,

music, television, books, and plays can influence real life therapy, clients, and therapists. Permeating beyond the therapeutic hour into clients and therapists’ lives, often this influence of the imaginary is good, yet sometimes it is wanting in positive value. Clinical case vignettes will illustrate the good, the wanting, and the powerful way life imitates art for some therapy clients sometimes.

In these vignettes, the therapeutic experience was depicted in a variety of creative venues. Influential movies have included *Good Will Hunting*, *The Prince of Tides*, *What About Bob*, *K-Pax*, *IQ*, *The First Wives Club*, *Shakespeare in Love*, and *One Flew Over the Cuckoo’s Nest*. Television fare affecting therapy clients and professionals have included *The Bob Newhart Show*, *Frasier*, *Cheers*, *The Sopranos*, *Chicago Hope*, *Law and Order*, and *Once and Again*. Books touching therapeutic themes have included *I Never Promised You a Rose Garden*, *The Many Faces of Eve*, *David and Lisa*, and *The Prince of Tides* while *Equus* was a particularly influential play about therapy and James Taylors’ *Fire and Rain* a striking song about therapy clients:

“Suzanne, the plans they made put an end to you,
but I always thought I would see you again.”

These media portrayals of unreal psychologists receive scrutiny from the Division 46 Media Psychology committee called The Media Watch (TMW). TMW monitors the ethical, professional, and expertness portrayed in fictional psychologists in various media forms. In its four year existence, TMW has awarded Golden Psi’s to television and print auteurs for excellence in portraying psychology and psychologists. In the Golden Psi’s second year, though, the paucity of portrayals and of excellence resulted in no awards. Golden Psis have been awarded to both television and print portrayals.

A scientific rating system undergirds the Golden Psi award. This real world application of psychology science has received uniform praises from recipients and other members of the media like producers and actors. The Golden Psi positively reinforces unreal portrayals that reveal how we can be our very best, even under the most difficult circumstances, like murder and mayhem.

Real Psychology in the Real World

Division 46 Media Psychology recognition for both real and unreal psychologists has extended this year to psychology *per se*. The first presentation of the News Media Award provided such a nuance in our awards slate. At the 110th APA Annual Conference in Chicago, this award recognized a non-psychologist print news journalist for excellence in using psychology information.

Psychology research findings and their application, in particular, had been repeatedly reported in a fair, accurate, and interesting manner. Real psychology reached real people. Future years plan to bestow the award specifically on representatives from television and the Internet venues.

Real Psychology in the Unreal World

Now a final nuance completes this matching of real and unreal psychologists, psychology, and venue. We started with real psycholo-

gists in the real world, moved to unreal psychologists in the unreal world (Golden Psi), then to real psychology in the real world (News Media), and now finally end with real psychology in the unreal world. Psychology lives in the world, whether real or unreal.

In addition to portrayal of therapy and therapists, the unreal creative venues have molded lives of clients in other ways. Clients have cited such fictional sources as motivations for their own behavior, emotions, and thoughts. Moreover, as a therapist, I have applied such fictions for role modeling, self-efficacy enhancement, and goal setting.

This expanded use of fictional sources within the bounds of therapy assist screen and television writers, authors, and dramatists as well as other psychologists. How clients absorb, imitate, and rebel against fictional portrayals should impress upon the gamut of creative writers the import of their wares. For psychologists, these powerful “story” adjuncts in therapy impress upon them the power of the client’s imagination.

Every one loves a good story. Why? Because of the human truths conveyed. These human truths are the psychology of the story.

Let me give an example. One of my clinical clients is a single young female lawyer in Washington, DC. Her identification with the single, young, female television lawyer *Ally McBeal* first gave me the idea to use fictitious persona for therapeutic ends. Each time Ally McBeal broke off a romantic relationship, her skirts—and my client’s—got higher. My client echoed each crisis, each concern, and each stress. I had to discriminate between myself and Ally’s therapist that Tracey Ullman hilariously portrayed. At first, in therapy I invoked the Ally character to build rapport, probe for my client’s underlying cognitive schema, and to frame therapeutic interventions. Then, a therapeutic marker of progress occurred when my client first discriminated between herself and Ally. Since then, only passing reference to her past fantasy persona Ally has peppered our therapeutic conversations.

Human truth often evades clinical clients. With their dysfunctional background, clients often lack reference for what is healthy, good, and effective. They can grasp at whatever seems attractive or seems to be getting attention, like Ally McBeal. Their struggle to optimize healthy functioning can flounder if they cannot even imagine what such functioning looks like, or if what is presented in fiction veers far from an excellent role model.

The “niche” must exist first in clients’ minds in order to manifest in their life. If one cannot imagine it, then it will not happen. Unreal depictions of human truths can provide the vision of possibility for healthy, effective functioning.

For healthy, effective functioning, movies not only entertain but also can teach possibilities. Four particular movies I have used as clinical adjuncts illustrate how life imitates art. *Like Water for Chocolate*, *Raiders of the Lost Ark*, *The Thomas Crown Affair*, and *Any Wednesday* each provide at least one vignette useful for clinical reframing. All these chosen for discussion here relate centrally to

barriers to intimacy.

Like Water for Chocolate aptly demonstrates the power of family legacies and self-fulfilling prophecies for clients caught in such cross hairs. In this Spanish movie, a star-crossed babe’s father dies of a heart attack while celebrating her birth when his friends gossip that a farmhand sired his last child. Then, the newborn’s mother’s milk refuses to flow. This hapless infant’s nurse tries to cheer her by decreeing that the first man seeing her will fall helplessly in love. Overhearing, her mother alternately prophecies: as her last born daughter, this young child will never marry but rather always care for her mother. Dramatic tension over these dual dueling fates provides human contradiction, delightful irony, and swift justice for powerfully satisfying education and entertainment.

Raiders of the Lost Ark illustrates how revealing human frailty breaks the ice of romantic rift. Overly *machismo* clients, whether male or female, can learn to say “ouch” when hurt to overcome barriers to intimacy. In the relevant scene, adventurer archeologist Indiana Jones recovers after rescuing his past love Marian, estranged first by his abrupt disappearance and then by his just as abrupt reappearance 10 years later—then she punched him “hello.” Now when he admits pain as she nurses his sore rescuer wounds, first her iciness and then his gruffness melt into mutual intimacy.

The Thomas Crown Affair illustrates how women in the thralls of romance can still maintain their personal and professional integrity. Between therapy sessions revealing his barriers to romantic intimacy, a wealthy philanthropist steals a painting to toy with authorities attempting recovery. One beautiful art insurance investigator, either tough by professional or personal inclination, particularly catches his fancy. She skirts on the edge of ethics and begins an affair with him, during which he mightily tempts her to abandon her life, profession, and the law by joining his escapade. Her resistance to the last reveals the costs of defining consistently who one is. Their ultimate reunion illustrates the rewards of “firewalking” through personal and relationship betrayal. Only by adhering strictly to one’s deepest held principles can one magically emerge unscathed, or more intact.

Finally, *Any Wednesday* shows the bonding power of *not* using sex as leverage in the battle of the sexes. On her birthday, an “abandoned” young mistress does not vacate as promised the permanently “loaned” business apartment of a wealthy entrepreneur who has just sent an attractive young client to stay there. Trying to sort out the mystery of their mutual occupancy, these two young people are further confronted by the entrepreneur’s wife who drops by to welcome the client. The client surmises the situation and covers for the mistress, presenting her as his wife, who sobs that it is her birthday. As a birthday present, the cuckolded wife unknowingly confides to her husband’s mistress a marriage secret: Each and every day when the sun sets, all strife becomes trifling to evaporate so that intimacy and sharing occur. Certainly this principle has kept her husband with her, even if not faithful.

Each fictional slice of psychology in these movies illustrate “the possible.” Clients see possible solutions to barriers to intimacy they

may be experiencing themselves. Such effective role modeling increases self-efficacy and goal setting achievement. Thus depictions of real psychology in unreal media outlets provides real relief for real clients. Life imitates art.

People News

Armond Aserinsky, PhD, consultant to the National Association of Theater Owners (NATO), is using his understanding of Film to improve public psychoanalytic film presentations. Many Analytically-trained therapists write interpretive articles or give talks about movies. Aserinsky finds that their interpretations would be better if they knew more about the “language of film”. He has formed study groups to educate presenters about the Cinema. He uses his own professional-level home theater to present movies as they were meant to be seen and heard. Div46 members are welcome. There is no fee to anyone for this project.

Carol Goldberg, PhD, ABPP received a Special Media Award from the New York State Psychological Association and a Distinguished Achievement Award from the Nassau County Psychological Association Private Practice Committee for the TV program, “Dr. Carol Goldberg and Company,” of which she is Host and Producer. Her program celebrated one year of weekly broadcasts on Public Access TV throughout Manhattan and Long Island, and has been expanded to twice weekly. Broadcast schedule and additional information: www.drCarolgoldberg.com.

Dr. Marlene Maheu is the President and CEO of Pioneer Development Resources, Inc. As such, she is the Founder and has been the Editor-in-Chief of SelfhelpMagazine. An award winning online electronic-zine with over 120,000 unique monthly readers, SelfhelpMagazine is peer reviewed, holds contributions from hundreds of professionals, and has one of the largest and most active online communities in the world. Featured in the Best 100 Website lists of magazines such as Web Magazine, it has been highlighted in the Utne Reader, USA Today, US News and World Report, the Miami Herald, the LA Times, and many more publications. As Editor-in-Chief, Dr. Maheu oversees a volunteer staff of over 75 regular authors, programmers, and artists to produce a mental health website that has consistently been recognized as one of the top ten in the world.

Dr. Maheu speaks internationally and has published numerous articles, book chapters, and books on various aspects of using technology in mental health. Her first book is entitled “E-Health, Telehealth & Telemedicine A Guide to Startup and Success,” co-authored by Pamela Whitten, PhD and Ace Allen, MD and was published in February of 2001 by Jossey-Bass, Inc. Her second book, “Infidelity on the Internet”, was co-authored with Rona Subotnik, MA, and was also published in 2001 by Sourcebooks, Inc. Her third book, tentatively titled “The Mental Health Profession Online” is being co-authored with Myron Pulier, MD, Frank Wilhelm, PhD, Joseph McMenamin, MD, JD, and Nancy Brown-Connolly, RN, MSN. It is to be published by Lawrence Erlbaum Associates, Inc., in 2003.

Paul Schienberg, PhD has become the co-founder, publisher, editor and reporter of an online sport psychology magazine, titled *Psyched* (www.psychedonline.org). Now in its 12th edition, *Psyched's* mission is to reach professional and amateur athletes, coaches, teachers, parents and children, with scientific sport psychology information. Written in a style that is entertaining, the magazine offer interviews with well known people in sports that illustrate how they use the mind to improve athletic performance.

Dr. Irene Deitch, former Media Psych President and current Board Member, was awarded the Distinguished Service Award from the Division of Family Psychology (APA, Convention). She was honored “for the diverse and creative ways she has articulated Family Psychology through the MEDIA and with the general public.” Dr. Deitch was the first place winner (in her age group) for the “5K” fun run” honoring Ray Fowler. She was also a participant in Dr. Daryl Bem’s “Mind Reading” program. In addition to her professorial and psychotherapeutic positions, Dr. Deitch just produced and hosted a cable TV presentation, “CANCER: MAINTAINING BALANCE IN YOUR LIFE” (Aug. 31) on her program, MAKING CONNECTIONS. She was appointed to serve as a NON-GOVERNMENTAL OFFICER (NGO) to the UNITED NATIONS, representing the International Council of Psychologists. Her background in the field of Death, Dying and Bereavement, led to numerous electronic and print interviews in commemoration of the World Trade Center Disaster. She looks forward to an interview on “Emotional Health” which is due to appear in *Fitness Magazine* (November).

media psychology book series in this space

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Also, be sure to check out our website, created and designed by Joe Ceniti. The website is located at www.apa.org/divisions/div46.

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