Grim Report Documents Conditions in Kosovar Mental Institutions

By Eric Rosenthal and Éva Szeli

Between September 2000 and July 2002, Mental Disability Rights International (MDRI), a US-based advocacy organization dedicated to the recognition of the rights of people with mental disabilities, conducted seven fact-finding missions in Kosovo. MDRI teams investigated conditions at inpatient and community facilities, including: two social care facilities; two psychiatric wards at general hospitals; the psychiatric ward of the Lipiçan jail; two group homes for children with disabilities; a special school for children with disabilities; and two recently established community mental health centers. The largest facility the MDRI teams visited is Shtime, a 285-bed facility designated for individuals with mental disabilities. Shtime currently has approximately 230 people under its authority. The other social care facility is known as the Elderly Home, a 165-bed facility housing people of all ages (as young as 17 when MDRI visited). The results of MDRI’s investigations were published in August 2002 in a report titled, Not on the Agenda: Human Rights of People with Mental Disabilities in Kosovo. Funded by the Open Society Institute, this report particularly focuses on Shtime and on the Prishtina University Hospital’s psychiatric ward, a 75 bed short-term facility. In addition to documenting abuses within institutions, the report examines policies and programs for reform of the mental health and social service system adopted by the United Nations Mission in Kosovo (UNMIK) and inherited by the new government of Kosovo.

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Finnish Research Team Applies Psychological Science to Police Work

By Helinä Häkkänen

Investigative psychology focuses on applying a wide range of psychological theories and methods to questions relevant to the detection and investigation of crime. Main areas of research in investigative psychology include offender characteristics, crime scene actions, threat assessments, investigative techniques, and interrogation tactics. Traditionally, these matters have not been the subjects of scientific psychological studies, however, increasingly it has become evident that psychology has a lot to offer to police work.

Until recently, the studies of forensic psychology that have been carried out in Finland have concentrated on the backgrounds of criminality, in other words, the childhood experiences of offenders. Although these studies provide valuable information, they are rarely directly relevant to the conduct and development of criminal investigation. In April 2001, an investigative psychology research group was founded at the University of Helsinki’s department of psychology. The general aim of the research group is to develop scientific research on investigative psychology in Finland as well as to contribute to the growth of the discipline through teaching. A more practical aim is to increase the knowledge of the domain among the police and to develop scientific models that could be applied to police work to make criminal investigations more effective.

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International intervention in Kosovo by NATO and the United Nations was inspired by the worthy goal of protecting the human rights of people in Kosovo. Despite extensive international funding for the development of democracy and the support for civil society in Kosovo, MDRI found that people with mental disabilities have been left off the human rights agenda. Serious human rights abuses against people with mental disabilities are taking place in Kosovo and continue unabated. While some valuable community mental health programs have been established to serve a small number of individuals, internationally funded programs to refurbish Shtime are likely to perpetuate an outmoded and inappropriate system of services that segregates people with mental disabilities from society.

MDRI teams found that people are being illegally and improperly detained in Kosovo’s social care facilities and psychiatric wards in violation of domestic and international law. Once detained, people are deprived of meaningful treatment and habilitation, and they are subject to physical, sexual, and psychological abuse. For the great majority of patients, life in Kosovo’s facilities is one of mind-numbing boredom and inactivity in an environment devoid of privacy and dignity. Despite internationally funded programs to fix up buildings at Shtime, staff is inadequate to provide basic cleanliness or hygiene. Many residents live in filth, surrounded by the smell of urine or feces. Medical and psychiatric care is inadequate and unsafe; a cursory review of medical records at Shtime shows that non-professional staff is authorized to administer powerful psychotropic medications without review by a psychiatrist for months or years.

MDRI received reports from international and Kosovar staff and patients about cases of sexual harassment, exploitation, rape, or other forms of violence at Shtime, Prishtina University Hospital, and the Elderly Home. At Prishtina University Hospital, staffing is so low, particularly during the night shift, that direct care staff told investigators that they fear for their own safety on the ward. Institution and UNMIK authorities have been informed about cases of abuse at Shtime, yet they have done nothing to remove known abusers from day-to-day contact with former victims. At Prishtina University Hospital, MDRI received reports about sexual abuse of women by staff and at Shtime, male patients were allowed to roam the women’s wards at night. There is no system at any institution MDRI visited to conduct independent investigations of abuses or to protect the privacy or safety of witnesses who may come forward. MDRI encountered both staff and patients who were afraid to come forward with evidence about abuses they have experienced or observed.

Many people are inappropriately placed at Shtime, yet UNMIK continues to direct limited international resources to refurbishing Shtime rather than creating community-based alternatives. According to an analysis by UNMIK’s “Deinstitutionalization Team,” the majority of people at Shtime have no medical reason for being at the institution. UNMIK has stated that the main obstacle to their integration into the community is the lack of services and support systems in the community. Despite these findings, UNMIK has proposed a program to rebuild and rehabilitate the Shtime institution. No funding has been set aside to create community-based alternatives for residents of Shtime.

The World Health Organization (WHO) and the Kosovo Ministry of Health have created a program to provide community services to a fraction of people with psychiatric disabilities in Kosovo. Adults with intellectual disabilities have been entirely left out of any plans for a community-based service or support system. Thus, policies and programs established under UNMIK authority will result in lifetime institutionalization for most people now detained in mental health facilities.

The great majority of individuals with mental disabilities—approximately 40,000 people—live with their families or on their own and receive no support from the government. Anecdotal reports suggest that such individuals and their families...
live in impoverished conditions. Due to lack of resources, lack of accessible public services, and the stigma associated with mental disabilities, many people remain closeted at home and cannot participate in any form of public life. The failure to create an integrated system of community-based services and support for these individuals also leaves them abandoned and segregated from society.

MDRI concluded that the lack of respect for human dignity, the danger due to unhygienic conditions, inappropriate medical care, and lack of protection from physical and sexual abuse renders detention in Shtime for anyone a form of “inhuman and degrading” treatment in violation of the United Nations’ International Covenant on Civil and Political Rights (ICCPR). Shtime is so dangerous and destructive to the mental and physical health of its residents that the UN should plan for its closure at the soonest possible date—as soon as alternatives can be created in the community. The lack of protections against physical and sexual abuse or exploitation at the Elderly Home and the psychiatric wards of general hospitals also constitutes inhuman and degrading treatment under the ICCPR. The lack of protections against improper civil commitment in these facilities renders detention in these facilities a form of arbitrary detention under the ICCPR. For people capable of living in the community, the provision of services exclusively in the segregated and inappropriate environment of institutions is a form of discrimination under international law.

For any democracy to function effectively, people must be in a position to represent their own interests, to demand rights enforcement, and to advocate for responsive government policies. The United Nations’ own “Standard Rules for Equalization of Opportunities for Persons with Disabilities” (the “Standard Rules”) call on all governments to create opportunities for people with disabilities to participate in public life. In addition to developing social services and support systems that promote community integration, the Standard Rules call on all governments to include people with disabilities in policymaking and program implementation on matters that affect them. UNMIK programs in Kosovo do not conform to the UN’s own disability rights standards, given a service system that segregates them from society in institutions or abandons them in the community. International civil society programs have not provided training or support to organizations made up of people with mental disabilities or real opportunities for people with mental disabilities to participate in Kosovo’s democracy.

**Update on Shtime**

Following the release of *Not on the Agenda: Human Rights of People with Mental Disabilities in Kosovo*, the United Nations Mission in Kosovo (UNMIK) revised its Master Plan for Shtime. Although UNMIK plans to reduce the size of Shtime to 80-100 beds, the plan calls for renovating the existing buildings at the facility to its full capacity of 200-300 beds. When an MDRI team visited Kosovo November 18–20, 2002, they found that UNMIK’s plans for rebuilding the facility as the cornerstone of a segregated institution-based system of services remain essentially unchanged. In a statement issued on November 20, MDRI strongly recommended that scarce donor funds not be wasted on building unneeded institutional capacity, especially when there is a desperate need for additional community mental health services, including residential services. UNMIK’s rationale for rebuilding Shtime is to convert it into a training institute, however, MDRI questioned how a facility that has proved incapable of attracting professional staff to care for residents who are desperately in need of their intervention can serve as a training ground for others. The current rebuilding plan would simply restore the floor plan based on its current use as a residential institution.

MDRI also cautioned against the planned transfer of 115 patients to Serbia unless there are specific arrangements to ensure that they will not be placed in even more dangerous institutions. The rebuilding plan for Shtime does not solve the essential problems at the facility and will not end the human rights abuses there. MDRI confirmed the recommendations of its August 2002 report; an alternative plan for closing the institution and transferring its residents to group homes in the community should be established. Staff must be trained in the treatment of people with intellectual disabilities. Broader planning efforts, with the participation of local NGO’s, people with mental disabilities, and their families are needed to create supportive services for people with intellectual disabilities in the community throughout Kosovo. Simply rebuilding the institution will create inevitable pressures to fill the building to its full capacity, placing a generation of Kosovars with mental disabilities at risk of being warehoused.
At the moment, the research group focuses on the following issues: (a) crime scene actions in crimes such as homicides, arsons, rapes, and stalking; (b) suspect prioritizing, which is the study of the association between types of crimes and offender characteristics (variously referred to as offender or criminal profiling); (c) the escalation of violence in stalking cases and bomb threats; (d) the association between mental health and violent behavior; and (e) youth crime. The practical aim of these studies is to develop methods of prioritizing the possible offenders, to give guidelines for the searching and interviewing of suspects, and to give guidelines for the psychiatric evaluations and treatment of offenders.

Most of the media and public interest directed at the research group has been focused on studies related to suspect prioritizing. This is hardly surprising since a number of books, films, and television programs have dealt with the issue of offender profiling; many of these accounts, however, have created a misleading impression of what profiling can achieve and the methods that it uses. Essentially, profiling is based on the belief that characteristics of an offender can be deduced by a careful and considered examination of the characteristics of the offence. Traditionally, profiling consisted of diagnosing the probable psychopathology or personality type of the offender who is likely to have committed a crime. The construction has usually been based on detailed analyses of the crime scene, personal investigative experience, and more or less educated guesswork. Specific emphasis has gradually been put on providing scientifically valid and reliable profiles and profiles that are of practical use for law enforcement agencies.

Nowadays, offender profiles are often based on statistical analysis of previously occurred similar types of crimes that have been solved. Multivariate statistical methods may be used to develop theoretical models of the variation in crime scene actions. In addition, offender characteristics are often analyzed in relation to the variation in crime scene actions. After all, if there were no variation in crime scene actions or offender characteristics, there would be no grounds for offender profiling; however, offender characteristics are not necessarily directly the cause of the various crime scene actions. One must remember that the commission of a crime usually contains several situational factors (offence interruption by a third party or victim resistance, for example) that lower the clarity of the offender’s behavioural pattern by introducing external influences.

In recent years investigative psychology has progressed widely and even offender profiling, which has traditionally been regarded as a mystical and intuitive activity, is nowadays based more on scientific objectivity.

Analysing crime scene actions requires that emphasis is also placed on studying the underlying psychological themes of actions. These psychological themes can be related to the instrumental vs. expressive nature of the offence, planning of the offence, to forensic awareness, or to the disorganization of the actions. For example, important questions could be “Do some rapists display excessively hostile actions? Do the actions of others reflect a desire to form an intimate relationship with the victim? Is this related to offender characteristics?”

Studies that have been conducted by the Helsinki research group so far show that crime scene actions do in fact vary between offenders and that this variation is in some respects related to offender characteristics. In one study, the structure of crime scene actions and offender characteristics were analyzed in arson cases by using the theoretical distinction between instrumental and expressive aggression. Generally, instrumental aggression is used to serve a specific purpose, such as to obtain financial gain. Expressive aggression, on the other hand, is motivated by a desire to actually hurt a desired target. It is usually an emotional response to frustration or ego threats. The study revealed separate offence styles: the arsonist attacked either an object or person, and with a thematic motivational emphasis being either expressive or instrumental. Insurance fraud, for example, is an arson directed at an object with an instrumental motivation. In addition, four types of offenders were identified: adolescents; those with a criminal background; serial arsonists; and self-destructive offenders. Several significant associations between offence types and offender characteristics were found, for example, young offenders tend to have instrumental elements in their crime scene actions and the act is rarely targeted against another person. This type of information can be useful to the police directing the investigations.

The possibility of deducing offender characteristics based on crime scene actions is not independent of crime type. Other crimes are better suited for offender profiling. In another study, crime scene actions employed by the offenders in stranger rapes were analyzed. The analyses revealed three separate offence styles: hostile and overtly aggressive; an offence style where the victim is treated as a reactive individual rather than a sexual object; and a style where another crime is committed along with the rape, for example, theft. The study, however, failed to find any significant associations between offence styles and offender characteristics. Thus, in crimes involving interpersonal transactions, offender behavior might in fact be more affected by victim behavior than offender characteristics per se.

As a branch of applied psychology, research in investigative psychology is still in its infancy and faced with several obstacles. There are some shortcomings that influence the studies and may have an effect on the progress of the domain. First, the studies of investigative psychology usually use police databases or files as their study data, however, clearly not all crimes are reported to the police. Because models of crime scene actions
and offender characteristics are based only on solved cases, the data is therefore selected. It is possible that crimes that remain unsolved are in some respects different or that the offenders of these crimes display different characteristics from those who are apprehended. Second, the data are often based on information originally collected by several different police officers from different districts. As there usually is no consistent rule for collecting the information, the quantity and quality of information in the records varies from case to case.

In recent years investigative psychology has progressed widely and even offender profiling, which has traditionally been regarded as a mystical and intuitive activity, is nowadays based more on scientific objectivity. It is hoped that the future studies on investigative psychology will have significant implications for criminal investigation. For example, some of the models of offender characteristics and crime scene actions could be transferred into automated decision support systems, which could presumably accelerate investigation and render it more effective. In general, the studies will give insight on whether it is possible to study the psychological themes underlying criminal behavior. The understanding of these behavioral themes has an important theoretical and practical meaning. The themes can be applied to empirically classify and create theories of criminal behavior and offenders. Concurrently, the results can be applied when planning and developing possible interventions or treatment programs.

Helinä Häkkänen, PhD, is a criminal psychologist and Principal Researcher for the Investigative Psychology Research Group located at the University of Helsinki. She is also employed by the National Bureau of Investigation and the Police College of Finland. The Finnish Academy of Sciences funds her research. Dr. Häkkänen can be reached at helina.hakkanen@helsinki.fi (e-mail). Updates on the work of the research group can be found on the University of Helsinki Department of Psychology website at http://www.helsinki.fi/hum/ylpsy/English/index.htm.

Victims of School Bullying are Focus of Study

Temple University is seeking international scholars to participate in a study examining victims of school bullying. The study will be supervised by Irwin Hyman, EdD, ABPP, Professor of School Psychology at Temple University. The purpose of this international study is to explore the effects bullying has upon children, with a specific emphasis on the occurrence of symptoms associated with Post Traumatic Stress Disorder.

Over the last 25 years the reality and problems of school bullying have increasingly become a focus of concern. Bullying is often fuelled by extreme and aggressive acts towards self and others, and governments and education departments have initiated and funded research to explore its frequency, typology, demographic characteristics, possible causes, and intervention efforts. Research has shown that the problem of school bullying exists wherever there is institutionalized schooling, and that many of its features are the same across cultures. One area of relative neglect in this important field concerns the social, emotional, and behavioral impact of being bullied.

To examine bullying within the paradigm of childhood stress and trauma, this study will utilize the recently published Student Alienation and Trauma Survey (Hyman, et al, 2001) to gather retrospective data from undergraduates across the world. This easily administered, self-report survey takes only 20-30 minutes to complete yet will yield valuable information to expand our knowledge of childhood bullying and stress.

Each participating colleague will have full rights to publish, as senior author, their data and the American data, with the proviso that Temple staff is included as junior authors if they contribute to the data analysis or writing of the actual paper. Publications using data from other countries must acknowledge the scholars who collected the data and include them as authors if they make any contributions to the paper.

Inquiries can be directed to Bryony Kay at Brvkecr@aol.com, who will forward a copy of the proposal detailing the specific research procedures.

APA Funds are Available to Support International Scientific Meetings

The American Psychological Association's Office of International Affairs has established an annual $3,500 fund to provide support for international meetings and conferences attended by psychologists from around the world. Need will be considered in selecting recipients and in determining the amount of support. Applications for funding should address the following points: a brief description of the applicant’s organization, including the mission statement and other relevant documents that describe the organization, and a description of the organization’s relationships with APA; an overview of the event’s objectives and activities, including a preliminary program; a description of the organizational structure that will carry out the event; the budget for the event, including a portion requested from APA and other funding sources; and a description of the event’s proposed products (e.g., monographs, CD-ROM). For more information and complete application guidelines, contact the APA Office of International Affairs, 750 First Street, NE, Washington, DC 20002; 202-336-6025 (telephone); 202-218-3599 (fax); international@apa.org (e-mail). Applications are due no later than March 15, 2003.
Cyprus, in the eastern Mediterranean Sea is recalled as the island of Aphrodite by Homer and immortalized by Lawrence Durrell as the island of “Bitter Lemons.” Cyprus has withstood the test of time. It can trace its history of 9,000 years beginning with the Neolithic Age. This small island in its strategic position at the crossroads of Asia, Africa, and Europe, attracted settlers and invaders including Greeks, after the Trojan Wars, Phoenicians, Egyptians, Assyrians, Persians, the descendants of Alexander the Great, the Romans, the Byzantines, Crusaders, Venetians, Ottomans, and the British.

Cyprus attained its independence from the British in 1960. The psychology of the people of Cyprus has been molded by these significant foreign cultures into an international melting pot. Currently, both the psychology of the Cypriots and the professional psychology in Cyprus reflect the international flavor of its past, just as the present is inescapably linked to the past. The international influence on the island is apparent in Cypriot character, customs, and cuisine with an obvious blend of East and West.

The history of psychology in Cyprus can be traced through its antiquities, artifacts, and literature. Accounts of descriptions, predictions, and behavior control can be found in its oral and written literature including mythology, philosophy, and religion. It can be found in prose, lyrics, ballads, proverbs, and aphorisms as well as ancient dramas dealing with motivation, fate, and destiny.

But psychology as a profession and psychology as a science in Cyprus are relatively new developments. Prior to the island’s independence, there was only one British-trained psychologist in Cyprus. His assignment was that of an educational psychologist in the Ministry of Education where he was responsible for servicing the entire school system.

Prior to the 1970’s only a small number of Cypriots was studying psychology in foreign universities in the United States, Europe, and at the American University in Beirut, and no real employment positions existed within the government or industry in Cyprus. The expansion of psychology as a profession was slow but by the late 1970’s, there were approximately twenty psychologists. The Cyprus Psychological Association was founded in 1980. Today, psychology is an attractive field of study for Cypriot students. Of those studying abroad 60 per cent are in Europe, approximately 25 per cent study in the United States, and the remaining study in other countries.

International trends in psychology are reflected in Cyprus. One trend, as the stigma of mental illness decreases, is the increasing number of professional psychologists working in independent practice. Psychologists are also employed in the public school system, mental hospitals, the prison system, clinics, private industrial companies, special education schools, geriatric programs, and social welfare institutions as the populace increases its demand for availability of psychological services. The universally known trend of increasingly more female psychology students with the reversal of the male to female ratio has been outdone in Cyprus. In the 1960’s and 1970’s practically all students attending psychology programs were males. Current statistics indicate that approximately 83 per cent of psychology students are female.

This change and the attraction to the profession of psychology intensified throughout the 1980’s and 1990’s. Over 200 Cypriot students are studying abroad, over 50 are studying at the University of Cyprus, and the current membership of the Cyprus Psychological Association is more than 300. Additionally, for the first time, the University of Cyprus, which was established in 1989 and accredited in 1992, began offering a formal undergraduate degree in psychology. The degree requirements are patterned primarily after the United States system of awarding a Bachelor’s degree in psychology.
Strong connections and collaboration among the University of Cyprus, the Cyprus Psychological Association, and European and international associations continue to develop and expand. Academic and research psychologists at the University are currently publishing in international journals.

The interest in psychology as a profession and the demand and need for psychological services by Cypriots led to the establishment of legislative codes for the regulation of the profession in 1995. These advances and developments came about as a result of European and global events that changed the world and rapidly changed Cypriot society. The change in Cyprus—brought about through the recent influx of tourists from Europe, Scandinavia, and the former Soviet States—from a primarily centuries old agricultural society to an economy forged by the information age and economic expansion, contributed to changes in the Cypriot psyche. These changes include increased self awareness, self enhancement and concomitant increases in personal, social, and occupational stress.

Still, old and new practices continue to coexist in Cyprus. For example, your neighbor may be reading a horoscope or having his fortune read in his cup’s coffee grounds while you are meeting with a psychologist for a weekly therapy session. Some things die hard and it is not unusual to find references to folklore and superstitition in everyday conversation about the behavior of people. Concurrently, you are also likely to find sociological and psychological sophistication, including references to scientific research and statistics and discussion on current therapeutic orientations.

The future is bright for psychology as a profession. The Republic of Cyprus was recently accepted for full membership in the European Union in 2004. There are trends toward utilizing more psychologists within the Ministries of Health and of Education and Culture and within other healthcare delivery systems, including the industrial and private sectors. Currently, applied psychology is firmly established in colleges, the university, and government agencies in metropolitan areas like Nicosia and Limassol. The rural and mountainous areas remain underserved.

Other trends include the programmatic planning for graduate courses and degrees at the University of Cyprus and increased requirements for certification and licensure as a psychologist. Research and symposia at the local level and involvement in European and international conferences and meetings have taken place and will continue to increase in number and frequency.

As a European Union member country, Cyprus will acquire and maintain primarily European standards. These upgraded standards will also enhance psychology as a profession and will set the occasion for increased professional collaboration, professional mobility, and further mutual exploration and sharing of knowledge from both local and multicultural research and practice.

Gregory S. Mestanas, PhD, an APA Member, was born in Cyprus; a graduate of American University of Beirut, Lebanon, he came to the United States as a Fulbright scholar at Long Island University and received his doctorate from the University of Maryland. He is past president of the Anne Arundel Psychological Association. He was employed in the public sector and is currently in independent practice in psychology and program consultation.

Dr. Mestanas acknowledges the contribution of information by Stelios Georgiou from the University of Cyprus, the Statistics Department of Cyprus and from the ministries of Education and Culture and Health. For further information on Cyprus contact the Cyprus Press and Information Office at www.pio.gov.cy. Dr. Mestanas can be reached at 70 Gentry Court, Annapolis, MD 21403.

United States, Canada, and Mexico Join in Brain Disorder Research Project

Health researchers from the United States, Canada, and Mexico are collaborating to study brain disorders in developing countries. The Fogarty International Center (FIC) of the national Institutes of Health (NIH) is joining with major biomedical research agencies in Canada and Mexico for the first time in the program, known as Brain Disorders in the Developing World: Research Across the Lifespan. “Brain disorders and mental illness and the social and economic demands associated with cognitive disorders, cerebral palsy, epilepsy, depression, schizophrenia, and stroke—as well as the stigma associated with these conditions—strain entire families, diminishing productivity and quality of life for all members,” said FIC Director, Dr. Gerald Keusch, on behalf of the partners. “This program will support research on these disorders and efforts to develop new interventions that will benefit low-income populations around the world, and particularly in developing countries.”

The project invites researchers to submit proposals and applications in a competition for planning grants. Applications are encouraged from developed country principal investigators working with partners in the developing world as well as from developing country principal investigators working with partners in developed nations. Applications for the Brain Disorders in the Developing World: Research Across the Lifespan Program are due by March 11, 2003. Additional information can be found at the FIC website at http://www.fic.nih.gov.
International travel for participation in meetings can be a rewarding experience, personally and professionally. In July 2002, I traveled to England to attend the biennial Oxford University Conference on Values in Business and Education. Most of the papers and symposia were of the plenary variety, that is, where a particular program is the only event going on at that particular time. Thus, since the lion’s share of the time most of the participants attended plenary events, we participants got to know each other, leading, therefore, to a congenial community of scholars and practitioners who were able to share in, enjoy, and benefit from the same set of intellectual experiences, and enjoy enduring professional relationships for the years ahead.

My invited paper was “Beyond Psychology: Literature and the Arts as Supplements for Understanding, Predicting, and Controlling Behavior.” All told, there were around 50 papers and symposia over a three-day program featuring 100 participants from America, the United Kingdom, Europe, and even faraway Taiwan. The sessions were small, chummy, and incredibly rewarding. All the sessions took place at Oxford University’s Department of Educational Studies located in a street called Norham Gardens. The conference proceedings will be published in a book by the Oxford University Press and another publishing house.

Oxford, in existence since AD 912—two millennia ago!—has strong links with its most celebrated tenant, Oxford University, which has been referred to paradoxically and cryptically as being “everywhere and nowhere.” You will ask how can this be? Well, notwithstanding the contradictions in that phrase, “everywhere and nowhere,” it is true. Everywhere and nowhere is exactly where the university is in its city of Oxford surrounds. Here is an Oxford college sandwiched between a hotel and a cluster of stores. There is an Oxford college situated between an automobile repair shop and a “Bear and Boar” pub. And look again and you find an Oxford college between a bookstore and a bank or a beauty parlor. The idea is, simply, that Oxford University is not a single, cohesive unit but is, rather, a helter-skelter collection of medieval fortresses or castle-like buildings where students learn, live, eat, and play. The university’s collection of colleges is dispersed audaciously and with historic authenticity as towering intellectual interstices decorating the city of Oxford. The oldest colleges date from the mid-thirteenth century and the most recent college, Manchester, was established in 1996.

My stay in Oxford was unstintingly and exuberantly beneficial in a number of venues: the intellectual, the culinary, culturally, sightseeing, bar hopping, and shopping. As a result of my travels, I offer a number of useful tips—both those I actually availed myself of and those that I wish I had the wit to avail myself of—to my fellow psychologists contemplating international travel to distant and sometimes exotic—and more’s the better—lands. Here, then, are my “words of wisdom:"

1. Wear slip-off and easily slip-on shoes. At the Pittsburgh airport, my port of departure, I had to remove my shoes for inspection of possible bombs or other lethal devices attached to my feet. I was prescient enough to wear these slip-ons since I was able to get back into my shoes, after the airport security search was satisfied that I was not a bad guy with evil intent, effortlessly, no forcing and no need for a shoehorn. One bit of advice: wear clean hosiery and no holes in your stockings, please.

2. If you have on your person or in your carry-on purse, handbag, or brief case the following items, be prepared to have them unceremoniously confiscated: small penknives, scissors, nail files, pointy tweezers, razor blades, letter openers, or other objects with lethal and sharp metal ends.

3. Carry on the plane with you, as women do, handbags or as fashionable men from Europe do, handsome leather male thingamajigs. These containers will come in mighty handy for storing and making available, when needed, Kleenex, eyeglass cleaners, pills, small flashlights, bottled water, and light snacks.

4. Even if you don’t have a physical disability as I do—an arthritis-driven need to use a wheelchair while negotiating the long distances in airports—consider if you are weary or just plain lazy, getting someone to maneuver you through the airport in a wheelchair. The attendants who do this know the tricks and cul-de-sacs, and since they are known and trusted by airport officials, rather than tediously move a few inches at a time in unending lines. This will cost you a few bucks, but it may well be worth it, and I emphasize that there’s no reason why able-bodied people cannot avail themselves of wheelchairs. After all, you don’t have to present a doctor’s certificate in order to qualify for a wheelchair in an airport. Try it and you will see that it may well be worth the five bucks to negotiate yourself through an airport just like royalty or Britney Spears or Jennifer Lopez or Tom Hanks.

5. If you have traveler’s checks—and don’t leave home without them, as Karl Malden urges—remember that, for example, as was
the case for me in UK, that most merchants won’t accept travelers’ checks denominated in US dollars. Therefore, you might find it convenient to have 100 dollars or so worth of local currency or travelers’ checks. Also, in this regard, since most hotels have outrageously unfavorable exchange rates, cash a traveler’s check or exchange currency at a bank and not at your hotel.

6. Remember that in many, if not most, hotels abroad gratuities for room service are included in your check. Note this and this will save you from having to give the server a tip, which for him or her would be double dipping.

7. One way to find out valuable information about the city you are in is to eat out in restaurants as much as possible, and not immerse yourself for most of your meals in your hotel. I found that in Oxford I learned a great deal about the culture at the University as well as in UK in general, by engaging the conversations with locals. For example, I thus learned that, by and large, each of the 39 colleges constituting Oxford University is autonomous with respect to its offerings. That is, one college is not necessarily for business, another for social work, and still another for engineering. I was advised that as a general rule, most of Oxford’s colleges have their own full offerings of curricula and what distinguishes one college from another are their traditions, customs, and the like. I also found out through conversations in restaurants that most Brits don’t think that UK is in Europe. They are adamant that the UK is not in Europe and that, moreover, the UK is closer culturally to the United States than it is to France and other nations on the European mainland.

Another useful tip is don’t rely only on your hotel’s literature or even its concierge for up-to-the-minute information. Get hold of the local newspapers, where you’ll find, as I did, news about cultural events, plays, concerts, musicals, local celebrations, and miscellaneous other events.

Robert Perloff, PhD, is Distinguished Service Professor Emeritus of Business Administration and of Psychology, Katz Graduate School of Business, University of Pittsburgh. He is a past-president and former treasurer of American Psychological Association, and author of some 40 columns of “Standard Deviations” for the APA Monitor. Dr. Perloff has presided over eight other national organizations, including the Association for Consumer Research, the American Evaluation Association, the Eastern Psychological Association, and the Society of Psychologists in Management. He was also a member of the board of directors and secretary of the Greater Pittsburgh ACLU Chapter. He can be reached by e-mail at rperloff@katz.pitt.edu.

APA Names New Chief Executive

On January 6, 2002, Norman B. Anderson, PhD, assumed the title of Chief Executive Officer of the American Psychological Association. Anderson joined the APA staff on September 1, 2002, as CEO-elect and worked alongside Raymond D. Fowler, PhD, who retired at the end of December after thirteen years on the job. Anderson comes to APA from Harvard University’s School of Public Health, where he was a professor of health and social behavior. He is best known to psychologists as the founding director of the National Institutes of Health (NIH) Office of Behavioral and Social Sciences Research. There, from 1995 to 2000, he worked to advance behavioral and social science research across all of NIH’s institutes and centers in such areas as heart disease, cancer, mental health, and aging.

Before coming to NIH, Anderson was associate professor in the departments of psychiatry and psychology at Duke University. He earned his degree in clinical psychology from the University of North Carolina at Greensboro, and did his clinical psychology internship at Brown University. He is licensed to practice in the states of Maryland and North Carolina.

An APA member since 1985, Anderson has served on the Association’s Board of Scientific Affairs and Board for the Advancement of Psychology in the Public Interest. He is a member of Division 35 (Health) and Division 45 (Society for the Psychological Study of Ethnic Minority Issues). He is a Fellow of APA, the American Psychological Society, the Society of Behavioral Medicine, and the Academy of Behavioral Medicine Research.

Winter, 2003
APA Fellow Receives Nobel Prize: On December 10, 2002, Princeton University psychologist Daniel Kahneman, PhD, was presented with the Bank of Sweden Prize in Economic Sciences in Memory of Alfred Nobel. Kahneman was cited by the Royal Swedish Academy of Sciences “for having integrated insights from psychological research into economic science, especially concerning human judgement and decision-making under uncertainty.” Kahneman was recognized for the pioneering research and theoretical work that demonstrates how human decisions may systematically depart from those predicted by standard economic theory, which often assumes that people are motivated primarily by material incentives and make decisions in a rational way. In a series of studies, Kahneman, in collaboration with Stanford University psychology professor Amos Tversky, has shown that people are incapable of fully analyzing complex decision situations when the future consequences are uncertain. The Royal Swedish Academy of Sciences recognized Tversky, who died in 1996, in Kahneman’s citation, but it does not award prizes posthumously.

Kahneman was born in Tel Aviv, Israel, and holds joint US and Israeli citizenship. He earned his PhD from the University of California at Berkeley in 1961. Since 1993, he has been the Eugene Higgins Professor of Psychology and Professor of Public Affairs at Princeton University. Kahneman will share the prize, worth about one million dollars, equally with Vernon L. Smith, PhD, Professor of Economics and Law at George Mason University, for his work in establishing laboratory experiments as a tool in empirical economic analysis.

International Travel Funds are Available: The David International Travel Award is made possible through a donation made by Henry P. David, PhD, to the American Psychological Foundation. The award supports a young psychologist—someone with a PhD, PsyD, or EdD in psychology, with not more than five years postgraduate experience—with a demonstrated interest in human reproductive behavior or an area related to population concerns. Funds up to $1000 are used to subsidize travel to an international or regional congress of the awardee’s choice. The submission deadline is March 15, 2003. Psychologists from anywhere in the world are invited to apply. For more information, and to obtain a complete list of application criteria and an application form, contact the Office of International Affairs, American Psychological Association, 750 First Street, NE, Washington, DC 20002; (202) 336-6025 (telephone); (202) 218-3599 (fax); international@apa.org (e-mail).

Former APA President is Honored by BPS: Each year, the British Psychological Society (BPS) selects a Visiting Fellow from outside the United Kingdom. Visiting Fellows give lectures at several universities and conferences arranged in consultation with a UK nominator/host. The BPS pays overseas airfare and local travel and expenses. The 2003 Visiting Fellow is George Albee, PhD, and the BPS host is David Fryer, PhD, of Stirling University, Scotland. Professor Albee will be speaking on “Mental Health: Educational Approaches to Treatment and Prevention,” at a one-day conference organized by Stirling University and the District Association for Mental Health. He will also speak on the primary prevention of mental disorders at a meeting to which members of European Network of Community Psychology will be invited. Albee will co-teach classes in community psychology at Stirling University with David Fryer and give a public lecture there. He will then speak at City University, London, Manchester Metropolitan University, and Nottingham Community Health Clinical Psychology Service on primary prevention.

George Albee is Professor Emeritus of Psychology, University of Vermont, and Courtesy Professor, Florida Mental Health Institute, University of South Florida. He was President of the American Psychological Association in 1969-1970 and is finishing a term on its Board for the Advancement of Psychology in the Public Interest. He was Director of the Task Force on Manpower for the Eisenhower Commission on Mental Illness and Health (1957-60) and Chair of the Panel on Prevention for the Carter Commission on Mental Health (1977-1978). He is the founder of the Vermont Conference on Primary Prevention, which has published seventeen volumes on prevention.

International Program Promotes Increased Participation of Women: The Women’s International Science Collaboration (WISC) Program provides grants to individual US scientists who plan to establish new research partnerships with their colleagues in Europe, the independent states of the former Soviet Union, Near East, Middle East, Africa, the Americas, Pacific, and Asia. The grant, which is administered by the American Association for the Advancement of Science, will provide up to $4,000 or $5000 for travel and living support for a US scientist to visit a partner country. The program is funded by the National Science Foundation (NSF) and only fields funded by the NSF—including non-clinically oriented psychology—are eligible. Men and women scientists who have their PhDs or equivalent research experience may apply. Applicants must be US citizens or permanent residents in the US. Application deadlines are July 15, 2003, and January 15, 2004. Contact: American Association for the Advancement of Science, WISC Travel Grant, 1200 New York Ave., NW, 7th Floor, Washington, DC 20005. (202) 326-7027 (telephone); http://www.aaas.org/international/wiscnew.shtml (website).

Free Journals are Available for International Libraries: The APA Office of International Affairs, in collaboration with APA’s Office of Publication and Communications, provides a limited number of three-year subscriptions to international institutions that meet certain qualifications. Donations are limited to between one and five subscriptions per institution and all APA journals are available for donation except Psychological Abstracts. To receive a copy of the qualifications, please contact the APA International Affairs Office at (202) 336-6025 or international@apa.org (e-mail).
International Meetings Calendar

February 21-26, 2003
27th Congress of the World Federation for Mental Health Melbourne, AUSTRALIA.
Contact: Congress Secretariat, ICMS Pty Ltd, 84 Queensbridge Street, Southbank VIC 3006, Australia
Telephone: 61 3 9682 0244; Fax: 61 3 9682 0288
E-mail: wfh2003@icms.com.au

March 27-30, 2003
13th Scientific Convention of the International Society for Gestalt Theory and its Applications (GTA)
Karlsruhe, GERMANY. Contact: Marianne. Soff @ ph-karlsruhe.de
Website: http://www.enabling.org/ia/gestalt/gerhards/call03.html

April 9-12, 2003
International Association of Forensic Mental Health Services 3rd Annual Conference Miami Beach, Florida, USA.
Contact: Tracey Moropito, Conference Coordinator. E-mail: info@iafmhs.org;
Website: http://www.iafmhs.org

April 10-11, 2003
Qualitative Psychology Conference: Emerging Complexity in Conducting Qualitative Research in Psychology
Leeds, UK. Contact: Anna Madill, School of Psychology, University of Leeds
E-mail: annam@psychology.leeds.ac.uk
Website: http://www.psyc.leeds.ac.uk/qualconf/

May 11-14, 2003
Second International Conference on Violence in School Québec City, QC, CANADA.
Contact: Égide Royer, Ph.D., Professor, Faculté des sciences de l’éducation, Université Laval, c/o Québec 2003 Secretariat, Agora Communication, 2600 boulevard Laurier, bur. 2680, Sainte-Foy, QC, G1V 4M6, Canada
Tel: 418-658-6755; Fax: 418-658-8850
E-mail: quebec2003@agoracom.qc.ca
Website: http://www.ulaval.ca/crires/

May 14-17, 2003
11th European Congress on Work and Organizational Psychology Lisbon, PORTUGAL. Contact: Antonio Caetano, PhD, Chairman of the Organizing Committee, Associate Professor, Department of Social and Organizational Psychology, ISCTE - Instituto Superior de Ciencias do Trabalho e da Empresa, Av. das Forcas Armadas, Edif ISCTE, 1649-026 Lisboa Portugal
E-mail: eawopcongress@iscte.pt
Website: http://www.eawop-congress.iscte.pt

May 22-25, 2003
VIII European Conference on Traumatic Stress Berlin, GERMANY.
Contact: VIII ECOTS Berlin 2003, CPO Hanser Service GmbH, PO Box 33 03 16, D-14173 Berlin, Germany
Tel: 49-30-3006690; Fax: 49-30-3057391
E-mail: berlin@cpo-hanser.de
Website: http://www.estss.org

June 15-19, 2003
6th International Symposium on Pediatric Pain Sydney, AUSTRALIA.
Contact: DC Conferences, PO Box 571 Crows Nest, NSW 1585, Australia
Tel: 61 29439 6744; Fax: 61 29439 2504
E-mail: ISPP2003@dccconferences.com.au

June 21-26, 2003
2nd World Congress on Family Violence Prague, CZECH REPUBLIC.
Contact: International Network on Family Violence, 1025 Connecticut Avenue, NW, Suite #1012, Washington, DC 20026
Tel: 202-429-6695; Fax: 831-655-3930
E-mail: WCFV@aol.com
Website: http://www.familyviolence.org

June 22-27, 2003
10th Biennial Conference of the International Society for Theoretical Psychology Istanbul, TURKEY.
Contact: Prof. Aydan Gulerce, Chair, ISTP2003 Organizing Committee, Bogazici University, Bebek, Istanbul, 80815, Turkey
Fax: (90) 212 257 5036
E-mail: istp2003@boun.edu.tr

July 6-11, 2003
8th European Congress of Psychology - Psychology in Dialogue with Related Disciplines Vienna, AUSTRIA.
Contact: Monika Glantschnig, EFPA 2003 Committee, the Austrian Professional Association of Psychologists, Möllwaldplatz 4/43, A-1040 Vienna, Austria
Tel: 43 1 407 2671 17; Fax: 43 1 407 2671 30
E-mail: info@psycongress.at
Website: http://www.psycongress.at

July 7-12, 2003
Psychology and Law International Interdisciplinary Conference 2003 Edinburgh, SCOTLAND. Contact: Jill Elliott, Conference Administrator, BS&L Network, Faculty of Law, University of Southampton, Southampton, Hampshire, SO17 1BJ, United Kingdom
Tel: 44 (0) 23 8059 2376; Fax: 44 (0) 23 8059 3884
E-mail: jill.elliott@soton.ac.uk
Website: http://www.law.soton.ac.uk/bsln/psych&law2003/

July 12-16, 2003
6th European Regional Congress of the International Association for Cross-Cultural Psychology (IACC)
Budapest, HUNGARY. Contact: Dr. Marta Fulop, MTA Pszichologiai Kutatointezet, Victor Hugo utca 18-22, Budapest, Hungary-1132
E-mail: fmarta@mtapi.hu
Website: http://www.psychology.hu/iaccp

July 13-18, 2003
29th Interamerican Congress of Psychology Lima, PERU.
E-mail: sip2003peru@terra.com
Website: http://www.sip2003.org

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Additional international meetings can be found on the Office of International Affairs Homepage at http://www.apa.org/international, on the IUPsyS Homepage at http://www.iupsys.org, or in the International Journal of Psychology available at many libraries.
July 13-18, 2003
4th Annual Couples Therapy Training Workshop for Therapists near Prague, CZECH REPUBLIC. Contact: Rita F. Resnick, PhD, 1460 7th Street, #300, Santa Monica, CA 90401, USA
Tel: 310-395-6844; Fax: 310-395-6844
E-mail: SweetRita@aol.com
Website: http://www.CouplesTherapyTraining.com

July 20-August 1, 2003
32nd Annual Gestalt Therapy European Summer Residential Training Program near Prague, CZECH REPUBLIC. Contact: Rita F. Resnick, PhD, 1460 7th Street, #300, Santa Monica, CA 90401, USA
Tel: 310-395-6844; Fax: 310-395-6844
E-mail: SweetRita@aol.com
Website: http://www.CouplesTherapyTraining.com

July 27-August 1, 2003
Minnesota International Counseling Institute: Global Mental Health in a Turbulent World Minneapolis, MN, USA. Contact: Minnesota International Counseling Institute, CSPP/Dept. of Educ. Psych, University of Minnesota, 178 Pillsbury Drive, SE, Minneapolis, MN 55455
E-mail: cspp-adm@tc.umn.edu
Website: http://www.education.umn.edu/EdPsych/CSPP/mici

July 27–August 8, 2003
2003 Rudolf Dreikurs Summer School Guelph, Ontario, CANADA. Contact: Mike Balla, Program Administrator
E-mail: mj.balla@sympatico.ca
Website: http://www.icassi.org

August 11-14, 2003
International Council of Psychologists 61st Annual Conference Toronto, CANADA. Contact: Dr. Edit H. Grotberg, Georgetown University School of Nursing and Health Studies, Box 571107, Washington, DC 20057, USA
Tel: 202-687-3332
E-mail: eg96@georgetown.edu
Website: http://icpsych.tripod.com

November 2-5, 2003
20th International Conference on the International Society for Quality in Health Care Dallas, Texas, USA.
Contact: ISQua Congress Secretariat, Level 9, Aikenhead Center, 41 Victoria Parade, Fitzroy, Victoria 3065, Australia.
Tel: +61 3 9417 6971; Fax: +61 3 9417 6851
E-mail: isqua@isqua.org.au
Website: http://www.isqua.org.au

December 13-18, 2003
Middle East/North Africa Regional Conference on Psychology Dubai, United Arab Emirates. Contact: Dr. Raymond H. Hamden, President, MENA RCP, PO Box 11806, Dubai, United Arab Emirates.
Tel: (971.4) 331.4777
E-mail: info@menarcp.org