

**Special points of interest:**

- Honoring Roger Kirk
- OSU Program for Native Americans
- SAMR Speaker on Timothy Leary
- SWPA Invited Speaker Lineup
- SWPA Finances

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**President’s Column:  
Recession, Finances, and Member Benefits**

Financial success stories are unusual in these years when the country is working its way out of a recession. But SWPA can document such success in its last two years. You can read about our most recent financial report in this issue of the newsletter, but that column doesn’t reflect the extent of the changes SWPA has experienced.

For many years SWPA has operated on a financial tightrope. We dipped into reserves to pay hotel penalties one year when our hotel room usage did not meet our contracted requirements. We sweated through another year that looked like a repeat, but dodged the penalty bullet because the hotel had booked all of its rooms to another group. We cut back on invited speakers to save the travel, hotel room, and honorarium costs, we skimmed on refreshments for our well-attended

social to the point that all refreshments were gone in 2009 in about 15 minutes. But we balanced ourselves on that tightrope, and managed the conventions in ways that maintained quality and reduced our expenses.

After the 2009 convention, SWPA leadership was pleased with a surplus. Atten-



**President Arn Froese**

*(Continued on page 3)*

**IRS Approves Non-Profit Application**

On June 4, SWPA received a letter from the IRS affirming non-profit status for the new corporation—SWPA—Southwestern Psychological Association. The approval is back-dated to August 31, 2009, the date of SWPA’s incorporation in the state of Texas.

This letter completes a process that began about 13 months ago when officers discovered that New Mexico had revoked SWPA’s non-profit status years ago. That discovery triggered action to re-incorporate in Texas, and then to file a

new application for tax-exempt status from the IRS. SWPA officers chose to incorporate in Texas because most of our members reside in Texas, and SWPA frequently holds its conventions there.

Non-profit and tax-exempt status gives SWPA several major benefits. These include freedom from regular corporate taxes, exemption from sales taxes for our convention activities, and ability to re-

*“Officers are pleased that no further actions are necessary and that this process has come to a successful conclusion.”*

*(Continued on page 13)*

# Roger Kirk: SWPA's Gold Standard

## Chris Spatz

*In April of this year, SWPA met at the Marriott Hotel in Dallas, Texas, for its 56th annual meeting. Some 900 people registered to attend and the program presented choices of six invited speakers, 89 talks, 12 symposia, 7 workshops, and 272 posters.*

*For a moment, let's go back 50 years to 1961. SWPA is meeting at the Lafayette Hotel in Little Rock, Arkansas, for its 8th meeting. A young man enters the lobby and looks around. Standing 5 feet, 8 inches tall and weighing 129 pounds, he has a pleasant demeanor but that look of uncertainty characteristic of a new Ph.D. The young man is Roger E. Kirk, an Assistant Professor at Baylor University. The 250 attendees at the meeting will choose from among 20 papers, 2 symposia, 3 workshops, one invited speaker and zero posters (which do not make an appearance at SWPA meetings until 1983).*

*Now let's return to the Marriott Hotel in Dallas. An older man enters the lobby and comfortably looks around. Standing 5 feet, 8 inches and weighing 129 pounds, he sees many familiar faces. Between 1961 and 2010, SWPA met 50 times. The man standing in the lobby attended every one of those meetings. His part in his 50th meeting will be a symposium presentation, *Teaching Introductory Statistics: What Works*. The man is Roger Kirk, Distinguished Professor of Psychology and Statistics and Master Teacher at Baylor University and President of Research Consultants, Inc., a Waco statistical consulting firm. After the SWPA meetings are over on Saturday, Roger and his wife, Jane, will take a cab to the *Dance With Me* studio where they will attend a dance.*

*Roger Kirk earned his undergraduate and advanced degrees from Ohio State University, receiving his PhD in 1955 in experimental psychology with a minor in industrial psychology. After three years as the senior acoustic engineer at the Baldwin Piano & Organ Co., he moved into an academic career at Baylor University. That career path included a transition into quantitative psychology and an NSF post doctoral fellowship in mathematical psychology at the University of Michigan.*

*As this fall semester starts, he begins his 53<sup>th</sup> year at Baylor. Between the time of this interview (around August 1) and the start of classes, Distinguished Professor Kirk will toil away on the 4th edition of *Experimental**



*Design: Procedures for the Behavioral Sciences, a textbook first published in 1968 and familiar to many, many Ph.D.s in psychology. The 4th edition will be published by Sage; the 3rd edition is now available from XanEdu.*

*In addition to his graduate level statistics textbook, he has an undergraduate statistics textbook (5th edition) and has contributed some ten chapters and fifteen entries to encyclopedias and edited books. He has presented more than a hundred times at professional meetings; more than a hundred publications appear on his vita. In 1991 he founded the*

*Institute of Statistics at Baylor University, which he directed for 11 years.*

*Roger E. Kirk, however, is not just a statistics phenomenon. He has one patent (for an electro-acoustical transducer) and he and his wife, Jane Abbott-Kirk, are avid ballroom dancers and competitors. Twice they were Texas senior ballroom champions.*

*On either side of August 1, 2010, I talked with Roger on the phone and we exchanged emails for this interview.*

**Spatz:** You were president of SWPA in 1995-96. In April 1996, the convention was in Houston. What stands out in your memory about that convention?

**Kirk:** Dr. Chuck Weaver had assembled an outstanding, if somewhat controversial, program. The featured speakers included Elizabeth Loftus, Henry Roediger, John Kihlstrom, and Larry Weiskrantz. Because of threats from protestors who wanted to disrupt Loftus's keynote symposium on repressed memory, the association was forced to hire security guards. Both Chuck and I received threats of bodily

harm.

**Spatz:** What happened?

**Kirk:** Nothing, really. The protestors were kept away from the meetings by security guards. In a way, the threats were hollow, but of course at the time we didn't know that. We had to take them seriously. Even after the meeting, I got threatening phone calls.

**Spatz:** What change in psychology during your career has surprised you the most (so far)?

**Kirk:** That psychologists were granted drug prescription privileges.

**“Because of threats from protestors who wanted to disrupt Loftus’s keynote symposium on repressed memory, the association was forced to hire security guards.”**

*(Continued on page 3)*

## Recession, Finances, and Member Benefits (cont'd)

(Continued from page 1)

dance in San Antonio was near record (we do not know what the record is, but we assume it is close to 900 people), and we generated income from our continuing education program. In addition, that year we began making progress on endowment funds to support our programming. We also changed our dues structure slightly, separating dues and convention registration.

Our recent financial report speaks to the success of our austerity measures and to the support for SWPA that remains strong in our region—thanks to all of you. Our convention in Dallas again attracted near 900 participants, and our income-generating vendors increased beyond what they were in San Antonio. The net result for these two years is a growing endowment and an operating SURPLUS!

You will see in another column in this newsletter that the IRS has recently confirmed our status as a non-profit corporation. Our surplus is not profit. That surplus belongs to you, the members, and SWPA's leadership is responsible to use it to benefit you for SWPA's

stated charitable purposes.

Our responsibilities mean that you can expect enhanced programming at future conventions. The Executive Council has already decided to help State Representatives as they develop their symposia, so that researchers within our region have support to present their research programs at the convention. In addition, we are expanding our list of invited speakers, seeking greater diversity from nationally recognized experts in different fields. We have also offered financial support to adjunct organizations to help them bring in excellent speakers. The column in this issue on Jeff Brookings, jointly sponsored by SWPA and SAMR, is an example of our collaborative efforts. And we will order even more food for the great social hour (or two) that we have successfully established.

Celebrate with us what it means to have surpluses during a recession. Celebrate your involvement in a vital and viable professional organization. Celebrate opportunity. Celebrate responsible growth and success in our mission. And anticipate a 2011 convention that reflects our successes.  $\psi$

*"you can expect  
enhanced programming  
at future conventions"*

## Kirk (cont'd)

(Continued from page 2)

Spatz: Do you see changes in psychology that you lament?

Kirk: Yes, the decrease in the number of quantitative classes required in doctoral programs.

Spatz: What are some good ways for a person to get involved with SWPA?

Kirk: When the appeal goes out to members in fall to review submissions for papers and posters, volunteer. And most importantly, on the last day of the annual convention, go to the business meeting. Sit near the front and volunteer for a committee.

Spatz: What parts of psychology today strike you as having the brightest future?

Kirk: The neuroscience of cognition and quantitative psychology.

Spatz: And your explanation...

Kirk: Well, federal grants favor cognitive neurosci-



Kirk in some prior decade

ence. A discipline moves in the direction where the support is. As for quantitative psychology, specialists are needed because of the explosion of new statistical procedures. Knowing all the complexities of ANOVA and multiple regression just isn't enough for a research scientist any more. Outside help is needed.

Spatz: What does the immediate future hold for you?

Kirk: I have three passions: writing, teaching, and dancing. When we finish this interview, I'll go back to revising my experimental design book. When school starts, I will be teaching a full load, including my advanced experimental design class. As for dancing, my wife and I are in our 17<sup>th</sup> year of taking private lessons.

We work with excellent coaches, practice several times a week, and attend a dance at least once a week. It is just great fun as we strive to reach our potential as a dance couple.

Spatz: Roger, thanks very much.

Kirk: You're welcome.  $\psi$

# New Website Features for You

## Lauren Scharff



**Archived, searchable programs** with links to abstracts are now available for conventions starting in 2009. (Pdf versions of the programs without abstracts are available going back to 2003.)

### Help Us with Our New **Convention Archive of Speakers and Officers**

Have you ever wondered who the SWPA invited speakers were in 1990? Or who your state representatives were at some point in the past? These are the types of questions that you can now answer by using the new online convention archive.

It's easy to use: there is a searchable database for organization officers and for speakers. For each, you can search by year, topic (e.g. president, SWPA speakers, Psi Chi speakers), or both. You can learn some pretty impressive things about SWPA. For ex-

ample, did you know that Charles Brewer has given three invited talks, titled "Gladly learn... and gladly teach" (1988), "A talk to teachers: Bending twigs and affecting eternity" (1993) and "The Last Lecture: Parting as Fair Foes" (2000). Elizabeth Loftus (1996) shared her groundbreaking memory research in a talk titled "Remembering dangerously", and Robert Sternberg (2001 and 2004) has shared his research in talks titled "A Duplex Theory of Hate and its Application to Personal Relationships", and "Culture and Intelligence". Give the databases a search and see what interesting things you find!

[http://www.swpsych.org/prevconv\\_history.php](http://www.swpsych.org/prevconv_history.php)

However, we need your help. At this point, we only have data entered from most years starting in 1985 (other than SWPA presidents, which are complete for all years). But, we (members of the Executive Council) do not have programs from many years of SWPA's 57-year existence. If you have access to any of the missing years, please contact Lauren Scharff at [laurenscharff@gmail.com](mailto:laurenscharff@gmail.com). ψ

## SWToP Adoption Notice

### Marcel Kerr

The Southwest Teachers of Psychology annual conference has a rich history, serving teachers of psychology from the southwest region for two decades. High school teachers, teaching assistants, college and university professors from Arkansas, Louisiana, Kansas, Oklahoma, Texas, and even Pennsylvania gathered each year to present their research, share teaching strategies and demonstrations, and collaborate on future projects. The shared energy, collegiality, and enthusiasm for teaching no doubt contributed to the development of what is now referred to as the scholarship of teaching. Over the years the SWToP conference was hosted by four different universities—Texas Wesleyan University in Fort Worth, University of Houston – Downtown, Texas Lutheran University in Seguin, and the University of Houston – Clear Lake. The conference was canceled in 2009 due to low registration. Fortunately, SWPA officers rallied, allowing SWToP attendees to submit their work for presentation

*"For the future, 53% of respondents indicated their preferred meeting format was as an SWPA affiliate organization."*



at the 2010 SWPA convention in Dallas. These teaching of psychology sessions were well attended, leading past SWToP organizers to survey past attendees to gather input on the annual teaching conference's future.

Sixty-six individuals completed the online survey. Their favorite aspects of the SWToP annual meeting were "the small, casual and collegial environment" and the "collaborative personal interactions with teaching scholars." Respondents ranked restricted travel funds most frequently (42%) as their reason for not attending SWToP recently.

For the future, 53% of respondents indicated their preferred meeting format was as an SWPA affiliate organization. Only 24% indicated a preference for a stand-alone event in November.

*(Continued on page 5)*

# CE Committee Generates 2011 Plans

## Lawrence Dilks

The SWPA Continuing Education (CE) Committee moved forward with a brainstorming session to enhance programs for the 2011 convention in San Antonio next spring.

SWPA offered CE credit workshops a number of years ago but discontinued the program due to low attendance. In 2009, the workshops resumed at the conference in San Antonio and proved successful, with presentations covering ethical practice, treatment of Post Traumatic Stress Disorder, and Assessment of Mental Status. Though attendance was lower in 2010, the Dallas conference workshops were successful with presentations on differential diagnosis, ethics, and applications of MRI scanning.

Unlike other SWPA presentations, the CE workshops are mostly attended by practicing psychologists, many of whom were not SWPA members. Practicing psychologists, a group which includes subspecialties of clinical, counseling, school, industrial, neuropsychology and school psychology, hold licenses from their respective states and must acquire a certain number of CE credits within a given time period to maintain the license. The required number of CE credits varies from state to state but, on average, states require about 20 CE credits per year. Failure to acquire the appropriate number of CE credits results in suspension of a license and an inability to continue to practice.

The current committee consists of Lawrence Dilks,

David White, Marilyn Pugh, Michael Walker and Burton Ashworth along with Arn Froese as an ad hoc member. The goal of the committee is to develop and offer professional quality training workshops that have approval of the American Psychological Association. The workshops have appeal to both academic and practicing psychologists and allow participants to develop their professional skills.

*“The workshops have appeal to both academic and practicing psychologists and allow participants to develop their professional skills..”*

To offer a workshop, SWPA members can submit proposals during the regular submission period in the fall. The committee is currently considering new ideas to enhance programs for the coming conference, such as soliciting proposals directly from practicing psychologists who have

gained recognition for a particular therapy or assessment approach, encouraging non-member psychologists to submit proposals in their specialty area, offering workshops at different times and advertising workshops through state psychological associations.

Recently the SWPA Executive Council approved expanding the state licensing agencies who might approve our CE sessions for credit toward their CE requirements. If granted, such approval would have the potential to significantly increase attendance.

The committee welcomes any ideas for improving the CE program. To offer suggestions or comments, please email Larry Dilks, chairperson, at [larry-dilks@suddenlink.net](mailto:larry-dilks@suddenlink.net) ψ

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## SWToP Adoption (cont'd)

*(Continued from page 4)*

Given these results and limited time to prepare a separate conference for 2010, it was decided to transition SWToP into SWPA as an adjunct organization. This action allows attendees to attend two conferences for the price of one.

Respondents offered great ideas to ensure that SWToP maintains some autonomy. Many reported that they really valued the SWToP keynote speaker and banquet. This aspect could be retained by charging an additional SWToP dinner fee, and an SWPA area university could host the keynote speaker and banquet, allowing SWToP attendees to visit different university campuses. The

only other major change involves merging the SWToP and SWPA websites. SWToP will discontinue its current URL and host services after the 2011 SWPA conference.

The Executive Council approved the adjunct status of SWToP with SWPA this month.

If you are an SWToP past attendee or a scholar interested in SWToP's future, please share these developments with your colleagues who are interested in the scholarship of teaching. Please continue to access the SWToP website (<http://www.swtop.org>) for updates on future developments. If you have specific questions about SWToP, please contact Marcel S. Kerr ([mskerr@txwes.edu](mailto:mskerr@txwes.edu)) at Texas Wesleyan University. ψ

# Oklahoma State University Offers Program for Native American Students

## Shelia Kennison

**Editor's note:** This article promotes an academic program in the SWPA region. SWPA wants the Newsletter to serve all of its members equally. The Newsletter is open to articles from any member about a special program that their institution offers. Send such articles to afroese@sterling.edu for future inclusion.

The Department of Psychology at Oklahoma State University is working to bolster the Native American presence in the field of psychology through its American Indians Into Psychology (AIIP) program, one of only three Indian Health Service programs of its kind in the nation, and the only one in the SWPA region.

AIIP consists of two components, a six-week summer enrichment program and a scholarship program. During the six weeks, junior and senior undergraduates attend classes designed to prepare them for graduate school. They also participate in research and are assigned to a tribal urban mental health facility. Scholarships are available to Native American students working on a doctorate in clinical psychology at OSU.

"AIIP is a great opportunity for Native American students to come together," said Ashleigh Coser, a member of the Choctaw and Muscogee Creek Tribes, senior psychology major and former AIIP Fellow. "The program allows you to meet with Native American professionals who have been in your position and are now in the community."

Coser hopes to follow in the footsteps of several of the program's alumni, including B.J. Boyd, deputy director of Cherokee Nation Behavioral Health Services in Tahlequah, Oklahoma, and Chris Fore, of the Choctaw tribe, who is the director of behavioral health for the Albuquerque Area Indian Health Service. Other program alumni are making an impact across the nation in places like California, New Jersey, Oklahoma, New Mexico, Rhode Island, Texas, Washington and Washington D.C.

Of the 116 former summer enrichment participants, 26 have earned a doctorate or are enrolled in doctoral programs nationwide while 24 have earned or are currently enrolled in master's programs throughout the U.S. The program represents many Native American tribes, including the Cherokee, Choctaw, Muscogee Creek and Navajo tribes. In its 13-year

history, students representing 34 tribes have participated in the summer program.

"My staff and I work all year recruiting students from across the nation to participate in the program," said Dr. John Chaney, a member of the Muscogee Creek



**Dr. John Chaney and Ashleigh Coser at OSU**

tribe who is an OSU psychology professor and project director of AIIP. "We feel that it is critical to have a very diverse group of students."

The program began in 1997 when federal funding was granted. AIIP receives funds on three-year cycles. Under the direction of Chaney and Patricia Alexander, director of the OSU Psychology Diversified Students program, AIIP also has founded a student mentor program, pairing psychology undergraduate students with graduate students to discuss job opportunities.

For more information, contact Dr. John Chaney or Patricia Alexander, Coordinator for Psychology Diversified Students Program, at [aiip@okstate.edu](mailto:aiip@okstate.edu). This e-mail address is being protected from spambots. You need JavaScript enabled to view it or call (405) 744-7591. ψ

# SAMR Invites Brookings for Talk on Timothy Leary

The Society for Applied Multivariate Research (SAMR) recently confirmed that Dr. Jeffrey Brookings from Wittenberg University will present a talk at the April, 2011 SWPA convention titled "A Tale of Two Tims: The Cultural And Professional Legacies of Timothy Leary." Brookings' Ph.D. in Experimental Psychology is from the University of Arkansas. He has taught at Wittenberg since 1979. Brookings has published over 60 articles, books, and book chapters on personality, vocational interest measurement, psychometrics, eating disorders, and sexual assault.

Brookings presents the following overview of his talk:

Timothy Leary is perhaps best known for using and urging others to use psychedelic drugs, and for advising young Americans in the 1960s to "Tune in, turn on, and drop out." And he followed his own advice almost to the letter. From his earliest experiments with psilocybin, as an Assistant Professor of Psychology at Harvard in the early 1960s, to his death from prostate cancer in 1996, Leary spread the gospel of the psychedelic experience. He gave numerous lectures on the consciousness-expanding potential of psychedelic drugs, was jailed several times for drug-related offenses, escaped from jail and lived in exile with the Black Panthers in Algeria, and later reinvented himself as a futurist and "stand up philosopher."

An unfortunate consequence of Leary's emergence as celebrity outlaw and counterculture symbol was that his earlier, seminal contributions to personality and clinical psychology in general, and to interpersonal assessment and psychotherapy in particular, have been largely overlooked. Fortunately,

*"The professional legacy of 'Tim 1' was much more important--albeit not nearly as entertaining--as the cultural legacy of 'Tim 2.'"*

even though Leary abandoned his earlier scholarly work, never to return, a small but active group of researchers began exploring the application of his interpersonal theory to the diagnosis and treatment of psychopathology. Equally important, in my view, is the work of those who developed the methodological implications of his circumplex for assessing the measurement properties of self-report scales and items.

Using examples from my research and others, I will illustrate the basic principles and applications of circumplex analysis and, hopefully, convince you that the professional legacy of "Tim 1" was much more important--albeit not nearly as entertaining--as the cultural legacy of "Tim 2."

SWPA is pleased to join with SAMR in sponsoring this talk. This is the first collaborative result of SWPA's offer to assist affiliated organizations in bring top speakers to the convention. Other organizations may request assistance by contacting SWPA President, Arn Froese. ψ



**SAMR Invited Speaker Jeffrey Brookings**

## Membership Renewal, Convention Registration, and Abstracts

You may now process your SWPA member dues for 2010-2011. Timely renewal means you:

- are eligible to submit abstracts.
- avoid abstract deadline problems because of payment issues. Some have experienced problems when their payment was rejected.
- save on convention registration via the *bundle*\*

Follow these steps when renewing:

1. Renew online by logging in to [www.swpsych.org](http://www.swpsych.org)
2. Enter your billing address for credit card payments. Wrong addresses produce payment rejections.
3. Update information in your profile using first letter capitalization on all names. This simplifies creating the printed program.

\* You save \$5.00 from convention registration if you choose to pay dues and register at the same time. This option is only available until November 30. ψ

# Research Feature: Long-term Happiness

## Don Lucas

Imagine you were forced to take one of two things from me. (1) You could take anything and everything in the world from me—fortune, fame, food, etc., and you could take these things from me for the rest of your life, but you could never be happy. Or, (2) you could take happiness from me and be happy for the rest of your life, but only have enough money, food, friends, etc. to be able to just get by.

Which one would you take from me?

According to a growing body of positive psychology research (the study of human strengths and virtues)—what people would most likely take is the one “thing” people want most out of their lives: happiness (Lyubomirsky, 2001).

The easy part of studying happiness is assuming most (if not all) people want it. The difficult part of studying happiness is addressing a problem attached to happiness—the hedonic treadmill. The hedonic treadmill was first described by Philip Brickman when he found that within a year after winning the lottery, winners were no happier than they were before winning the lottery, and many of the winners were actually unhappier than they were before the lottery. Based on these results, Brickman modeled happiness as a treadmill (the hedonic treadmill; Brickman, Coates, & Janoff-Bulman, 1978).

Imagine running on a treadmill, and as you are running, the treadmill begins to incline slowly, so you’d have to run faster and faster in order to stay in the same place on the treadmill; else you’d be falling off. By analogy, in order for you to keep the same level of happiness, you’ll need to be doing more and more of whatever you’re currently doing for happiness. If work brings you happiness, then as with the inclining treadmill, you’ll have to work more and more in order for

*“within a year after winning the lottery, winners were no happier than they were before winning.”*

work to maintain happiness. Further, the hedonic treadmill predicts that the greatest happiness comes from the newest things (things you’ve most recently met or obtained); the least happiness comes from the oldest things (things that you’ve known or

possessed the longest).

Thus, one thing that people will do to get happiness from something that has been bringing them happiness for an extended period (e.g., a spouse) is replace it (e.g., an extramarital affair).

When a job is “getting old,” you can get a new job...and the next job, etc., etc... Or, if a relationship is “getting old,” then you can get into a new relationship...and then another... The hedonic treadmill leaves us with the problem of habituating to whatever thing brings you happiness. Relative to the hedonic treadmill, happiness can only occur for short time periods.

Over the past 10 years, my students and I have been studying how people

overcome the problem of the hedonic treadmill and therefore experience positive emotions over long time periods. Overcoming the hedonic treadmill and experiencing positive emotions over long time periods is associated with such things as staying married, communal friendships, and long-term employment; whereas habituation and experiencing positive emotions over short time periods is associated with such things as sexual trysts, using alcohol or drugs, gambling, and overeating (Lucas, 2004; 2010).

Our research has revealed some interesting facts about

*(Continued on page 9)*



**Some of Don Lucas’ students currently studying happiness, from left to right: Anthony Sanchez, Candy Camargo, Anna Evans, James Evans. Lucas is standing.**

# SWPA Invited Speaker Lineup for 2011

## Arn Froese

The April, 2011 convention promises an exciting diversity of invited speakers. SWPA has confirmed four renowned speakers around the convention theme, “Psychologists’ Responsibilities.” Three previously announced speakers are Andrew Meltzoff, Gary Wells, and Janie Wilson.

Meltzoff will address psychologists’ responsibilities to develop the knowledge base about the mind and its operations. His review article in *Science* (V. 325, 17 July, 2009, 284–288) summarizes interdisciplinary advances in child development that produces “the exuberant learning that occurs during childhood,” and describes the significance of the developing knowledge base for implementing appropriate social learning environments.



Wells will initiate the Forensic Psychology Lecture Series with a talk titled “Eyewitness identification and psychology’s responsibility to help distinguish the innocent from the guilty.” Wells’ long-term research on eyewitness identification and pitfalls inherent in some procedures has changed the way police departments conduct lineups. Wells’ talk addresses psy-



chologists’ responsibilities to society.

Wilson will address psychologists’ responsibilities to students. Wilson is a teaching award winner and is Program Director for APA’s Division 2 (Teaching of Psychology). Her research on teaching has addressed issues of building rapport while maintaining ethical boundaries. Her talk is titled “*Responsible Teaching: Enhancing student outcomes without being a helicopter teacher.*”



Recently SWPA has confirmed a fourth presenter for the convention. During Presidents’ Council conversation, President-Elect Shelia Kenison suggested that SWPA develop greater attention to minority issues. Past-President Scott Bailey suggested David Matsumoto as a possible speaker. Matsumoto conducts research on cross-cultural emotional expression and has published several books on culture and psychology. Matsumoto will address psychologists’ responsibilities related to cultural differences.



Keep watching for additional features as this great convention program develops. ψ

## Long-term Happiness (cont’d)

(Continued from page 8)

happiness...

*What do people think about—when they think about happiness?* What’s the first word that comes to mind when you hear the word happiness? Or for that matter—what’s the first word that comes to mind when you hear the word pleasure—or contentment? When we asked people to name the first three things that come to mind when hearing the words “happiness,” “pleasure,” and “contentment” in our laboratory, we found people to name substantially different things. For happiness, the top three responses were: family, friends, and significant other (spouse, partner, boyfriend/girlfriend); for pleasure, the top three responses were: sex, food, and leisure; and for contentment, the top three responses

were: work, school (learning), and success (Ancira & Lucas, 2007; Evans, Guerra, Romero, & Lucas, 2008). These results are remarkable for many reasons—one is that the things people think about when they think about happiness are often not things that predict happiness. For example, family and having children are not associated with happiness (Lyubomirsky, 2008).

*I’m happy; you’re not!* What percentage of the population do you think rates themselves as being happy? With all the talk about depression, especially by us psychologists, most people are surprised to find out that people are generally happy. Simply put, we think other people are not happy, when in fact 75% to 90% of the population (across cultures) rates themselves as

(Continued on page 10)

## Long-term Happiness (cont'd)

(Continued from page 9)

being happy (Myers, 2000). A survey conducted in our laboratory posed questions to 184 individuals about their emotions on a day-to-day basis relative to a 9-point Likert scale, with 9 equaling very happy, 5 equaling neutral, and 1 equaling very unhappy. Seventy-nine percent of these individuals said their own day-to-day emotions rated between 6 and 9 (with an average score of 6.6 on the 9-point Likert scale); while these same individuals said only 48% of the population is happy—that is, scoring between 6 and 9 (with an average score of 5.6 on the 9-point Likert scale). In other words, we think we are relatively happy while others are not (Lucas & Ancira, 2007). (By the way—this is a quick and simple study that you can easily run in the classroom—the results are extremely robust and discussing why this effect occurs is worthwhile.)

*Happiness is associated with college student success.*

For the longest time, academicians and researchers alike have focused on academic factors (e.g., high school grade point average, class rank, SAT scores, etc.) to predict college student success. However, few people are aware of how little predictive power these factors hold. For example, the SAT score may account for as little as 6% of the variance associated with college student success (Rask & Tiefenthaler, 2009). Might college student success be more associated with non-academic factors (e.g., a student's attitude, locus of control, level of happiness etc.) than academic factors? We do know that happy people are generally more successful in their lives than unhappy people (Lyubomirsky, King, & Diener, 2005). And in our laboratory we found happiness contributing to college student success in the online envi-

ronment (Evans, Evans, Camargo, Hunt, Sanchez, Whipple, & Lucas, 2010).

*Just smile.* We are currently studying the effect a person's level of happiness has on judging the moods associated with facial expressions. Relative to facial feed-

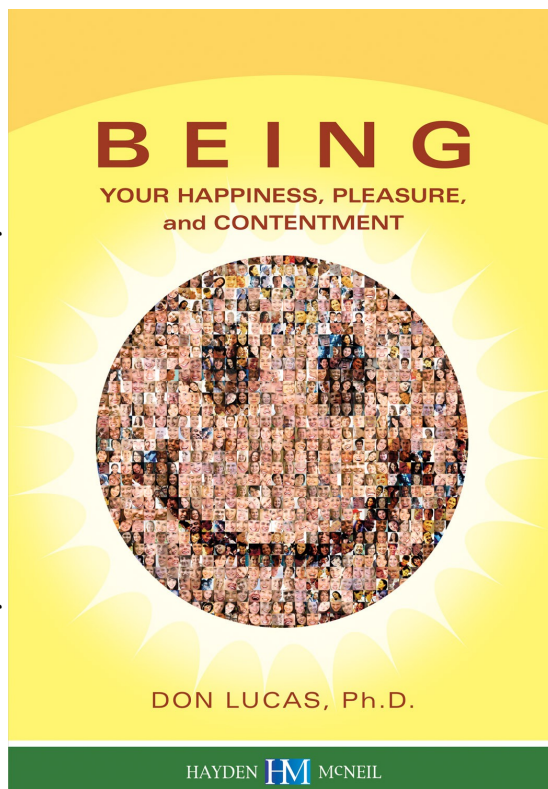
*"we think we are relatively  
happy while others are not"*

back, we know our own facial expressions have an effect on our own moods (Buck, 1980): The facial-feedback hypothesis states that

not only do emotions lead to behaviors, but behaviors also lead to emotions. Thus, "putting a smile on" can cause happiness; and "putting a frown on" can cause sadness. It appears facial feedback may go beyond just having an effect on our own moods—it may also have an effect on how we judge other people's moods. In our laboratory, we are finding when participants view different facial expressions flashed briefly on a computer

screen; the happier participants are better at distinguishing between the different facial expressions and labeling the correct emotion associated with these facial expressions than are the unhappier participants (Evans, Evans, Camargo, Garcia, Sanchez, & Lucas, in preparation).

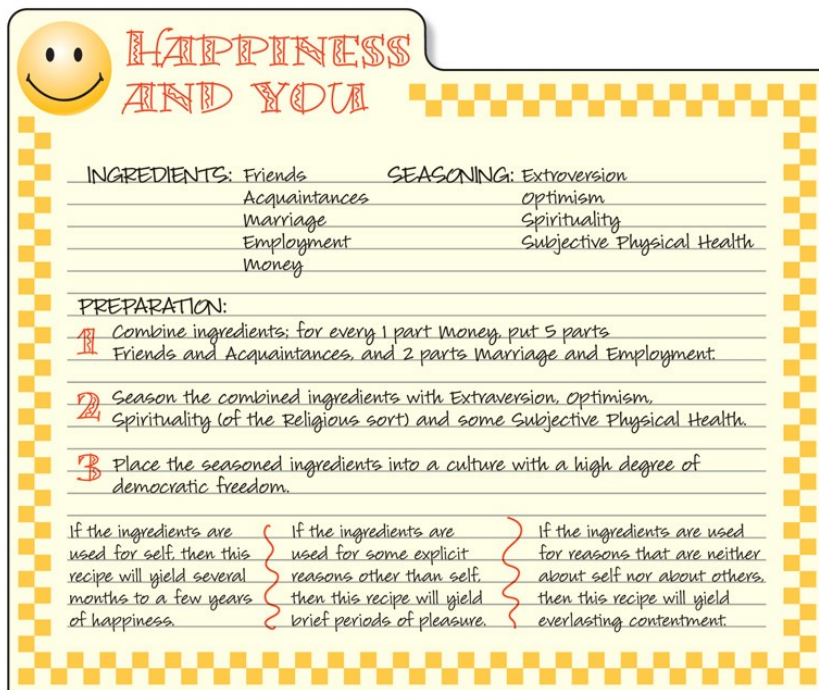
A recent milestone from all this study in our laboratory is a book I wrote titled, *Being: Your Happiness, Pleasure, and Contentment* (Lucas, 2010). *Being* introduces readers to positive psychology in general and the science of happiness in particular. *Being* takes readers on a journey to explore their positive emotions. A number of colleges have adopted the book as a supplement for their introductory psychology courses to engage students in critically learning about psychology and themselves.



**Review copies may be ordered at:**  
<http://hmpublishing.com/featured-titles/psychology/83-being.html>

(Continued on page 11)

# Long-term Happiness (cont'd)



(Continued from page 10)

Let me end with an invitation. My students and I are always interested in other collaborations in our studies, so we look forward to hearing from you.

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# Changing Conceptualizations of Bipolar Disorder

Lawrence Dilks, Janice Marceaux, Shelley Blancett, Sattaria Dilks & Byron Simoneaux

Some diagnostic issues and disorders have stability about them while others are unsettled and ever changing. This is especially true with models of bipolar disorder. Over the decades, additional research, changing medical philosophies, and even the political climate have changed the conceptualization of bipolar disorder. The draft edition of the DSM-5 demonstrates a significant revision in thinking about bipolar disorder and the implementation of this diagnosis.

Early medical history recognized mood disorders as a significant disturbance affecting behavior. Both the terms *melancholia* and *mania* have their roots in ancient Greece and Rome in the writings of Hippocrates and Caelius Aurelianus. Ephesus wrote about the interrelationship of euphoria and depression in the second century. Avicenna in 1025 advocated terminology describing a mood psychosis as a specific mental disorder by in his text, *The Cannon of Medicine*. Modern thinking regarding bipolar disorder has its roots in the 1850's with the French physician Baillarger who documented the cyclic nature of mania and depression and referred to it as "*dual-form insanity*." But it was Kraepelin who coined the term "*manic-depressive psychosis*" after noting symptom-free intervals between episodes of mania and depression.

Following World War II, the Veterans Administration, American Psychiatric Association and the American Medical Association endeavored to establish a consistent diagnostic procedural code that eventually became the DSM. The first edition of the DSM was heavily influenced by the work of Adolf Meyer and stressed a psycho-biological-social model. It conceived mental disorders as reactions to these forces, and thus the diagnostic term *manic depressive reaction* was used. DSM-II, published in 1968, dropped the term reaction and identified



**Lawrence Dilks: Lead Author and Louisiana State Representative to SWPA**

five types of manic depressive illness: *manic, depressive, circular, circular-depressive, and not otherwise specified*. At this time, cyclothymic disorder was called *cyclothymic personality* and regarded as a personality disorder rather than a true affective disturbance.

DSM-III is regarded as a revolution in diagnostic thinking as it implemented the multi-axial diagnostic system. This multi-axial system included five axes, with the first axis, Axis I, corresponding to major clinical disorders. *Manic depressive illness*, redefined as *bipolar disorder*, was classified on Axis I. The DSM included specific criteria for diagnoses, along with timelines for symptom manifestation. The criterion for diagnosis was very specific rather than a narrative description as with previous editions which reflected a distancing from Freudian thought.

The DSM-IV, and later DSM-IV-TR, presented four types of bipolar disorder: *bipolar I disorder, bipolar II disorder, cyclothymic disorder, and bipolar disorder not otherwise specified*. Generally speaking, *bipolar I* disorder refers to those who have had at least one manic or mixed episode, while *bipolar II* disorder reflects those who have had at least one hypomanic episode, one or more major depressive episodes, and no manic or mixed episodes. Individuals experiencing chronic fluctuations in mood, shifting from states of hypomania to mild depressive episodes, are characterized as having a *cyclothymic disorder*. While individuals with this diagnosis never meet the criteria for a major depressive, manic, or

"DSM-5 reflects the continuing evolution of the conceptualization of bipolar disorder."

mixed episode during the first two years of the disorder, they may later present with these episodes superimposed on the *cyclothymic disorder*. When

symptoms are not sufficient to meet criteria for any bipolar disorders, individuals fall into the category of *bipolar disorder not otherwise specified*. For example, individuals may have more rapid alternation between symptom episodes, the presence of other clinical disorders, or infrequent episodes. Furthermore, other specifiers further delineated the severity and/or course of the disorder. One important specifier allows the clinician to denote the most recent phase of the disorder the patient

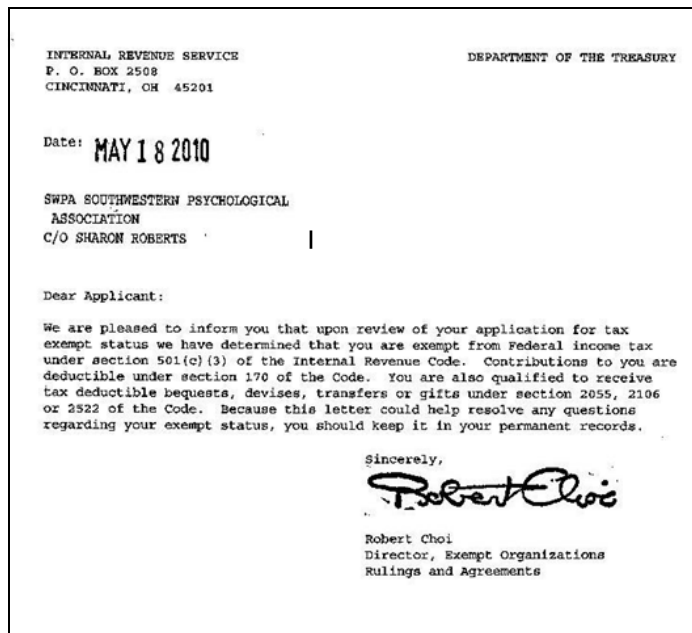
(Continued on page 13)

## IRS Approves Application (cont'd)

(Continued from page 1)

ceive donations for which the donors receive tax deductions. For the 2009 convention, the sales tax refund we received from the state was over \$700. If Texas acknowledges the back-dated tax exemption for the 2010 convention, we may receive another sizeable tax refund. These savings allow SWPA to direct more of its funds into services for members.

Correcting SWPA's status has been a long process. Previous newsletters have provided accounts of the major steps in the process. Since late January this year, the process has involved patiently waiting for IRS to review the application. If they had they found incomplete, missing, or unacceptable information, they would have assisted officers in taking corrective actions. Officers are pleased that no further actions are necessary and that this process has come to a successful conclusion. SWPA can again maintain its services to members and to the Southwest region with confidence and increased strength. ψ



Excerpts from the IRS letter to SWPA

## Changing Conceptualizations (cont'd)

(Continued from page 12)

experienced (e.g., *bipolar II disorder, most recent episode hypomanic*).

DSM-5 will reconsider some of the premises and distinctions of DSM-IV-TR. Recent web postings by the American Psychiatric Association have suggested the specific diagnosis (296.6) Bipolar I Disorder, Most Recent Episode Mixed will be dropped and other diagnosis will have modifications to their criteria.

At this time the Diagnostic array for Bipolar appears as:

296.0 Bipolar I Disorder, Single Manic Episode

296.40 Bipolar I Disorder, most recent episode hypomanic

296.4 Bipolar I Disorder, most recent episode manic

296.5 Bipolar I Disorder, most recent episode depressed

296.7 Bipolar I Disorder, most recent episode unspecified

296.89 Bipolar II Disorder

296.80 Bipolar Disorder, NOS

301.13 Cyclothymic Disorder

296.90 Mood Disorder, NOS

DSM-5 reflects the continuing evolution of the conceptualization of bipolar disorder. There will likely be five different diagnoses for bipolar I disorder. The current specifier, *most recent episode*, will be used to represent the most recent mood change. Hypomania, which in DSM-IV-TR is a consideration for bipolar II disorder, will be placed as a specific diagnosis under bipolar I disorder. A comprehensive rationale for changes has not yet been posted by APA or the committee responsible for this part of DSM-5 but details are released from time to time. Not all mental health professionals are pleased with the newest revision of the mood disorders. Many have criticized the mood disorders committee for adhering to a specific diagnostic nomenclature putting every patient in a diagnostic box rather than adopting the model of a bipolar continuum where symptoms are conceptualized in degree of severity and personal impairment.

The DSM-5 is set for publication in 2013 and further revisions may arise from the DSM-5 committees. There is considerable information on the web but much is speculation and should be viewed with caution. ψ

# Financial Position Strong and Growing

## Arnold Froese

Secretary-Treasurer Sharon Roberts recently completed financial reports for May 31, 2010, reflecting strong financial growth for SWPA. The fiscal year for our organization concludes June 30, and we anticipate that the end-of-year report will show strong increases in operating expenses, and additional growth in our endowments. These changes will further enhance SWPA's fiscal strength.

The May financial report includes virtually all of the convention expenses from April. Therefore, these figures provide a clear foundation for beginning the budget processes for 2011 operating and convention expenses.

SWPA began the 2009-10 fiscal year with over \$21,000 in cash and invested funds. As of the end of May, 2010, SWPA reports over \$54,000 in cash and invested funds. Table A below shows balances for June 30, 2009, May 31, 2010, and the net change in value for cash, invested funds, and pledged funds.

The June 30 cash balance reflected funds remaining after SWPA paid all convention expenses in 2009. The change in cash balance reflects funds remaining from 2009-10 income after paying almost all convention expenses for 2010.

The net increase resulted from higher income and contained expenditures in many budget lines. You can see the details in Table B on the next page. The enhanced income came from high member participation at the convention, increased vendor participation, a grant to support hotel expenses from Addison, the city in which the hotel is located, and additional donations for general expenses from individuals. The income

was 38.6% higher than the budget. Expenses were only 7% higher. The table below shows budget and actual amounts for 2010 convention services.

The Presidents' Council and the EC decided to increase expenses for two items after determining that income would exceed expenses. The first decision was to increase the budget for food at the social hour and refreshments at the President's address and Annual Members Meeting. The second decision was to enhance the printing budget to include a color program cover and promotional material for the 2011 convention. We believe both of these decisions improved member experiences at the convention.

Endowed funds increased dramatically during the year. SWPA began 2009 with one endowed fund—the Saul Sells Lecture Fund. The EC has approved two additional endowed funds—the Forensic Psychology Lecture Fund and the Lauren Scharff State Representative Symposium Fund. As of May 31, 2010, the fund holdings had more than doubled during this fiscal year, and given that our IRS issues are resolved (see related story in this issue), additional pledged funds have arrived in June and July. Before the summer ends, SWPA should have at least \$32,000 in endowed funds.

This financial report is very encouraging. In times of economic difficulties, SWPA has maintained and enhanced its financial stability. The Presidents' Council and the Executive Council are very grateful to the membership, to prior SWPA leaders, and to friends of SWPA members who have said "Yes" to the organization, helping it make this remarkable progress. ψ

*"In times of economic difficulties, SWPA has maintained and enhanced its financial stability."*

**Table A**

	June 30, 2009	May 31, 2010	Change
Cash	\$9,501.10	\$28,524.83	+\$19,023.73
Invested funds	\$12,139.40	\$25,843.77	+\$13,704.37
Pledged funds		\$7,000.00	+\$7,000.00
<b>Total</b>	<b>\$21,640.50</b>	<b>\$61,368.60</b>	<b>+\$39,728.10</b>

## Financial Position (cont'd)

Income	Budget	Actual	Difference
Convention fees	\$40,300	\$53,480.00	+\$13,180.00
Grants	\$1,000	\$1,000.00	0
Earnings	0	\$2,958.77	+\$2,958.77
Donations	\$550	\$550.00	0
<i>Totals</i>	<i>\$41,850</i>	<i>\$57,989.00</i>	<i>+\$16,138.77</i>
Expense			
Management fees	\$12,550	\$12,577.00	<\$27.00>
Convention costs	\$19,650	\$20,669.69	<\$1,019.69>
Other expenses	\$2560	\$3813.98	<\$1,253.98>
<i>Totals</i>	<i>\$34,760</i>	<i>\$37,060.67</i>	<i>&lt;\$2,300.67&gt;</i>

## Calendar

### The Big Event!

**SWPA** April 7-9, 2011: [El Tropicano Hotel](#) - Holiday Inn on the Riverwalk, San Antonio TX

### Other Psychology Conferences in SWPA Region

The 4th annual meeting of the [Oklahoma Network for Teaching of Psychology](#) will be held on Friday, September 24, 2010 at the Cox Convention Center in downtown Oklahoma City, Oklahoma.

November 4 - 6, 2010: [Texas Psychological Association](#), Dallas, TX at the Marriott Quorum.

### Other Psychology Conferences Outside the SWPA Region

[American Psychological Association](#), Aug 12-15, San Diego, CA

[Best Practices: Assessing Teaching and Learning in Psychology](#), OCT 8-9, 2010: Crowne Plaza Atlanta Perimeter NW, Atlanta, GA  
12th Annual Mid-Atlantic Teachers of Psychology (MATOP) Conference, OCT 22, 2010: Prince Georges Community College, Largo, MD. Contact: Diane Finley at <mailto:dfinley@pgcc.edu>

### 2010 Other Regional Psychology Conferences

OCT 8-9, 2010: [New England Psychological Association \(NEPA\)](#), Colchester, VT

MAR 2-5, 2011: [Southeastern Psychological Association \(SEPA\)](#), Jacksonville, FL

MAR 10-13, 2011: [Eastern Psychological Association \(EPA\)](#), Cambridge, MA

APR 14-16, 2011: [Rocky Mountain Psychological Association \(RMPA\)](#), Salt Lake City, UT

APR 28-MAY 1, 2011: [Western Psychological Association \(WPA\)](#), Los Angeles, CA

MAY 5-7, 2011: [Midwestern Psychological Association \(MPA\)](#), Chicago, IL