

# Society for Descriptive Psychology

Twenty-fifth Annual Conference

Estes Park, Colorado

Thursday, September 18 to Sunday, September 21, 2003

Lake Shore Lodge, Estes Park, Colorado

## Thursday Afternoon

**3:00 - 5:00: Check-in and registration in the lobby**

**3:00 - 5:00: Board of Directors Meeting**

**3:30 - 5:30: Paul and Carolyn Zeiger: Introductory Session.** This presentation will serve a twofold purpose. First, it will serve as an introduction to Descriptive Psychology for people new to DP and as a review of some central DP concepts for others. Topics covered will include (a) the salient features of the Descriptive Psychology approach to behavioral science; and (b) three of the most interesting and useful concepts from DP, those of Actor-Observer-Critic, Significance, and Emotion Formula, with lots of examples and discussion. Time permitting, some thoughts on spirituality, where DP provides a number of unique linguistic advantages, will be shared. Second, this presentation will serve as a "getting to know you" vehicle for new and old attendees that will be focussed on all participants' interests in Descriptive Psychology.

## Thursday Evening

**5:45 - 7:15: Dinner in the dining room**

**7: 30. Richard Heinrich: "Addressing Pain and Suffering at the End of Life: a Descriptive Approach."** HealthPartners Medical Group competitively applied for a Pursuing Perfection Organizational Change Grant and Program. One of the 5 organizational change projects within the program is to develop organizational competence in providing state-of-the art end of life care. I will be presenting the progress to date and how Descriptive Psychology has influenced the conceptualization of the project and its implementation.

## Friday Morning

**8:30 - 9:30. Heather Holmes-Lonergan and Jim Holmes: "The Bully in the Family: Bullying From a DP Standpoint."** In this presentation, Heather and Jim will introduce a descriptive analysis of the concept of bullying, discuss family influences on it, criticize some previous research on this topic, and (time permitting) offer some recommendations for teachers confronted with this problem.

**9:45 - 10:45. Walter Torres: "Descriptive Perspectives on EMDR and the Resolution of Trauma-induced Anxiety Disorders."** Exposure and desensitization are widely regarded as necessary for the resolution of certain types of anxiety disorders. A Descriptive formulation that suggests maximizing Observer Behavior, and with this opportunities for (re-)appraisal, is presented as a rewarding alternative. The role that EMDR and other therapeutic procedures may play in this process is discussed. Several clinical cases, most of which involve treatment of victims of motor vehicle accident trauma, are presented.

**11:00 -12:00. Ralph Wechsler: "Neither Fish Nor Fowl: A Clinical Application of the Community Concept."** The concept of Community from Descriptive Psychology is used to understand the therapeutic elements of a rather unconventional group for combat veterans with Post Traumatic Stress Disorder. The group differs from more typical groups in a number of respects (i.e., size, membership, etc.) but is, nonetheless, highly therapeutic. Viewing the group as a "community" rather than merely as a "group" provides a number of insights into its effectiveness. These therapeutic elements will be identified and discussed.

## Friday Afternoon

**1:30 - 2:30. Ray Bergner: "An Open Letter from Isaac Newton to the Field of Psychology."** I attempt here to enlist one of scientific psychology's mega-heroes in the service of forwarding the DP point of view, the idea being that "if they won't listen to us, maybe they will listen to him." This letter, written by a long deceased but somehow still observant Isaac Newton, elaborates a central hypothesis, based on principles actually embodied in his "framework for the system of the world," regarding why psychology has thus far been unable to arrive at a single, widely accepted, intellectual framework, and thus remains in a highly fragmented state. This hypothesis concerns psychology's historical inattention to many pre-empirical matters that are essential to the creation of successful scientific frameworks. All are matters upon which Descrip[tive Psychology, almost uniquely among approaches to psychology, has placed great emphasis and formulated explicit positive solutions.

**2: 45 - 3:45. Keith Davis: "Teaching Psych 101 in an Integrated Descriptive Way."** I will talk for no more than 30 minutes about "Teaching Psyc 101 as a person-centered course," and using DP to organize the material of introductory psychology and give it a coherence that it does not usually have. Then, *I will invite people to share their ideas* about how to do things relevant to this task. My goal is to have this approach in such good shape in a year or two that I can take it on the road to the Teaching of Psychology conferences and APS, and to publish it in the Teaching of Psychology journal.

**4:00 - 5:00. Rich Driscoll: "Can We place DP on the Lecture Circuit?"** I have been presenting continuing education seminars on anxiety and panic reduction over the last 18 months, and employing Descriptive Psychological ideas in doing so. The presentation will cover key anxiety reduction features,

and some thoughts on presenting DP for CEUs and gaining national recognition for it.

## Friday Night

**7:30: Society Business Meeting**

**8:00. Peter Ossorio: Rap Session**

## Saturday Morning

**8:30 - 9:30. CJ Peek: "Making recurring conversations productive: A Back Door to Clarifying Statuses and Preferred Language in a Professional Community."** I have been doing a simple but effective and fun large group intervention I call "productive conversations," mostly with groups of health care personnel. In it, I employ what I call a "back door" approach, and have found this more effective, efficient, meaningful and concrete for understanding a community than trying to fill in community parameters by going down the standard DP list (missions, practices, etc.) and searching people's impressions. This approach has proven very appealing to business folks on a budget and suspicious of consultants -- It's concrete, fast, cheap, high impact, atheoretical and turns communication skills from being a billowing cloud of undifferentiated skills and attitudes to a systematic, concrete, finite, teachable, learnable and sustainable part of a professional group's hard-headed repertoire. "If you need best practices for care of diabetes you also need best practices for the conversations it takes to make it happen".

**9:45 - 10:45. Tony Putman: "Herding Tigers: Leadership in the "On-Behalf-Of" Organization."** Many, perhaps most, complex organizations in the 21st century are "On-Behalf-Of" organizations: organizations in which services are selected by one group of "customers", provided to a second group of "customers", and often paid for by yet a third. So -- who are the "real" customers? What is the organization's true mission? And how does one lead such an organization, in which each customer group has passionate advocates? This is not herding cats -- it's herding tigers! Classic and current notions of leadership help very little if at all. Descriptive Psychology has brought conceptual clarity to many dilemmas facing communities and organizations. In this presentation, a new conceptual articulation of leadership will be presented along with specific help with 'herding tigers'.

**11:00 - 12:00. Michael Spayd: Shamanic states of consciousness and DP.** Descriptive Psychology, almost uniquely among approaches to psychology, has provided conceptual resources for understanding and articulating matters pertaining to religion, spirituality and altered states of consciousness. In this talk, I will discuss some preliminary ideas I have been working on regarding its application to Shamanic states of consciousness.

## Saturday Afternoon: Free

## Saturday Evening

7:00. Society Banquet and Special Celebration of the 25th Anniversary of the Conference.

## Sunday Morning

8:30 - 9: 45. Fernand Lubuguin, Sonya Holt, Dawn Taylor: "Individual Case Formulations - Some Clinical Applications of Descriptive Psychology." In this presentation, we will employ Descriptive Psychological concepts to illustrate how these concepts help us to formulate cases better, and to intervene more effectively with, our psychotherapy clients. Time for discussion will be provided.

10:00 - 11:00. Laurie and Ray Bergner: "What's the big deal about that cap left off the toothpaste? Marital Issues and Images." In this presentation, Laurie will present and discuss what she has found, over the course of many years and hundreds of marital cases, to be the three basic issues that arise over and over in marital conflicts. Then, Ray will present some brief reminders about the basic logic of using images in Descriptive-based psychotherapy. *Those in attendance will be asked to share any new and useful images they have come up with over the years.*

11:00: Conference concludes.

11:00: Board Meeting

For further information contact:

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## Registration

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Telephone and e-mail \_\_\_\_\_

### Conference Fees:

#### Pre-registration (until August 31):

\_\_\_\_\_ SDP members @ \$100                      \$ \_\_\_\_\_

\_\_\_\_\_ Non-members @ \$125                      \$ \_\_\_\_\_

\_\_\_\_\_ Students @ \$50                                \$ \_\_\_\_\_

#### Regular registration fees (after September 1):

\_\_\_\_\_ SDP members @ \$125                      \$ \_\_\_\_\_

\_\_\_\_\_ Non-members @ \$150                      \$ \_\_\_\_\_

\_\_\_\_\_ Students @ \$75                                \$ \_\_\_\_\_

#### One day rates:

\_\_\_\_\_ SDP members @ \$75                        \$ \_\_\_\_\_

\_\_\_\_\_ Non-members @ \$100                        \$ \_\_\_\_\_

\_\_\_\_\_ Adult guests at banquet @ \$40                      \$ \_\_\_\_\_

\_\_\_\_\_ Child guests at banquet @\$20                      \$ \_\_\_\_\_

\_\_\_\_\_ **Total Conference fees**                      \$ \_\_\_\_\_

\_\_\_\_\_ (If you need vegetarian or other, please specify here \_\_\_\_\_)

**Please return this form by September 1 to:** Dr. Hap Cox, University  
Counseling Center, Bldg. 19, University of West Florida, Pensacola, FL 32514.

**Bookings at Lake Shore Lodge:** To book a room at Lake Shore Lodge (1700 Big Thompson Ave, Estes Park, CO 80517; [www.lakeshorelodge.com](http://www.lakeshorelodge.com)), call the lodge directly at 970-577-6400 or Toll-Free 1-800-332-6867. Announced conference rates (which includes breakfast, lunch, and dinner) are: single occupancy for \$175/night; double occupancy for \$139/night. **Deadline for guaranteed room reservations is August 18.**