

married women with children were trained in the special techniques of short-term psychotherapy. This form of treatment generally consists of a face-to-face session once a week, and does not require such specialized skills as the administering of shock treatment or psychological tests.

The project was not intended to be "a salvage operation for neurotic middle-aged ladies," Dr. Rioch stated firmly, "but rather the appropriate deployment of people who have performed successfully in one phase of life and who are now passing to another."

Emphasis on Therapy

The NIMH program, with its lectures, seminars, reading assignments and in-service training, resembled the one at Children's Hospital. But emphasis in this first experiment was on therapy rather than prevention, and on adolescents and adults rather than children.

Tape-recorded cases and one-way viewing screens enabled the trainees to observe experienced therapists at work. And soon after the program got underway, the women began conducting their own therapeutic interviews under expert supervision.

Today every one of these women is employed as a mental health counselor, doing individual or group therapy at community clinics, state hospitals, high schools or colleges.

As was intended, they continue to work under the supervision of a psychiatrist. But all have branched out and are performing a far wider range of functions than they were originally trained to do.

Since the summer of 1962, a group at

the University of Maryland, College Park, supported by a NIMH grant, has been evaluating Dr. Rioch's first program. So far, interviews with the women's colleagues and supervisors have disclosed virtually unanimous agreement on the fine quality of their work.

But chief investigator Dr. Stuart Golann hesitates to jump from these findings to the conclusion that the Rioch program may have broad national applications.

"Remember," he said, "these women were not randomly selected from the aisles of the A&P."

He questioned whether a small town could find women of this caliber, and supervisors of the high quality available in the Washington area. He wondered whether there would be employment locally for such women, even if they could be recruited and trained.

Dr. Rioch acknowledges these problems but believes that the larger cities and even small university towns could recruit, equip and utilize women for mental health work. She has received several letters expressing interest in setting up a similar project elsewhere, and hopes others will try it.

The key question in her mind is whether the professional community would be willing to accept a large infusion of mental health workers with graying hair and disappearing waistlines who have put in a fraction of the time required to produce a psychiatrist or a clinical psychologist.

The first eight have made it.

If others succeed, a serious manpower shortage could be alleviated by the use of talented women ready and eager to serve their community.

• Science News Letter, 86:234 October 10, 1964

GENERAL SCIENCE

Strauss Heads Scientists

► DR. LEWIS STRAUSS, ex-chairman of the U.S. Atomic Energy Commission, heads a Task Force on Science, Space and the Atom formed by the Republican National Committee to aid Sen. Barry Goldwater in his campaign for the presidency.

In a letter sent to several scientists asking that they join the Task Force, Sen. Goldwater said that the group is intended to inform "myself personally, and the entire American electorate" of facts that are "far more enduring than mere ammunition for partisan campaigning."

Dr. Glen Campbell, staff coordinator of task forces for the GOP Committee, said that this and the other task forces that have been formed are very different from the endorsing-and-campaigning groups such as Businessmen for Johnson.

Other members of the science task force are: Dr. Edward Teller, a key figure in the development of the atomic bomb, and now associate director of the University of California's Lawrence Radiation Laboratory, Berkeley.

Gen. Arthur Trudeau (Ret.), U.S. Army chief of research and development from 1958 through 1962, currently president of

Gulf Research and Development Corporation.

Gen. James H. Doolittle (Ret.), former member of the U.S. Air Force Science Advisory Board and of the President's Science Advisory Committee, now a director of several companies including Thompson Ramo Wooldridge.

Dr. Williard F. Libby, director of the Institute of Geophysics and Planetary Physics, University of California at Los Angeles, and 1960 winner of the Nobel Prize in Chemistry.

Dr. Shields Warren, a Harvard medical professor and Atomic Energy Commission consultant.

The other Republican task forces include a defense group, called a "Task Force on Peace and Preparedness," a "Fiscal Monetary and Economic Policy" task force, and a foreign policy group for the "Cause of Peace and Freedom," headed by former Vice President Richard Nixon.

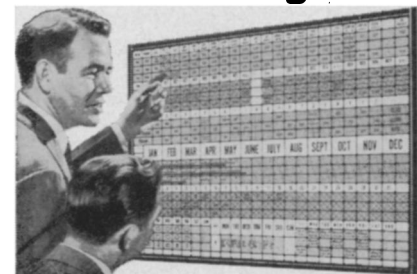
Two more task forces, sub-groups to the foreign policy organization, will be created soon on the topics of Viet Nam and Southeast Asia, and Cuba.

• Science News Letter, 86:235 October 10, 1964

Doctors Trim 2 Inches Off Flabby Waists!

German doctors at the famous Max-Planck Institute have discovered an instant-workout method that can reduce waistlines in 30 days. Called "Isometric Contractions," one 60-second daily workout can reduce waistline fast. 10 simple exercises can put the whole family in shape fast. No sweat, strain or tiring repetitions. Acclaimed internationally by physiologists, coaches, athletes. Results guaranteed. Free, illustrated information. Write AWARD-WINNING ISOMETRICS, Minute Home-Gym, Inc., Dept. B, 37 Centuck Station, Yonkers, N. Y. 10710.

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