

To : BETHSOU@aol.com

Cc :

Attchmnt:

Subject : Re: Question Re: Control Therapy & Treatment Research

----- Message Text -----

Hi Beth, Thanks for your note. I think Control Therapy would be EXCELLENT in a small N study which you have outlined below. It seems positive assertive effort is essential: determination, problem solving skills, belief in ability to succeed; Plus, positive yielding is also necessary: self-acceptance, dealing peacefully with set backs and adversity; and all in the context of trying to maintain a healthy sense of control amidst all the issues they are trying to balance. This would indeed be pioneering work. Keep me informed, and good luck! Dr S

To : BETHSOU@aol.com

Cc :

Attchmnt:

Subject : RE: SCI--reply

----- Message Text -----

Hi Beth, welcome to the world of juggling (internships, research studies, etc!) I'm glad you're back to your dissertation. It sounds quite interesting, and would add a unique contribution---both the African American subjects, who, to my knowledge have not been studied with the SCI, and the control issues during the transition for single mothers coming off welfare....Good luck with your work, and keep me informed. Warm regards, Dr S

dhshapir@uci.edu wrote: Hi Beth, thanks for the info. You really did some great work. This seems

definitely publishable, and I encourage you to submit your findings.

Also, I'm going to forward a copy of this email to Dr Astin (he's really a much more sophisticated statistician than me)...and please be sure you send him a copy of your dissertation article than you plan to submit (as well as one to me!)

Have a great thanksgiving..

blessing to you Dr S

I will definitely keep both of you updated on the articles that Dr. Hunt & I have "in the works". At my dissertation defense yesterday (which I passed, by the way), several of my committee members said they wanted to know more not about the quantitative data, but about the qualitative/process aspect of conducting the study (training the therapists and supervising the therapists along the way, exploring issues in "multiculturally competent" counseling, reflecting on how the clients received the process of the therapy and the instrument, and so on). There was no way I could cover all of that fully in my paper; otherwise I'd be in graduate school another year or two writing three more dissertation papers. If their biggest criticism was that they wanted more, then I guess that's also a compliment since it means I got them excited about the work!

Take care!

Beth

To : "John A. Astin, PhD" (jastin@cooper.cpmc.org)

Cc : "Deane H. SHAPIRO" (dhshapir@uci.edu)

Attchmnt:

Subject : Re: soucar response

----- Message Text -----

wow!!!! I agree. This is terrific, and exactly what we hoped. She provides a great template model for others who want to address adherence issues in CT; also, her video tapes provide a resource for others who might want to study CT using content analysis....so great! Let's do it, I can think of no better way to launch us!

Date: Thu, 13 Jun 2002 07:30:30 -0700 (PDT)
From: Deane H. SHAPIRO (dhshapir@uci.edu)
To: BETHSOU@aol.com
Cc: shapiros@u.arizona.edu, goldendawn@surfnetusa.com,
Deane H. SHAPIRO (dhshapir@uci.edu)
Subject: Re: Question from a student

Dear Beth,

Thank you for your kind letter and generous comments about our work on control, and yielding/acceptance. I can only say how wise and astute you must be!!!!!!

You ask why our work is not more widely cited by certain "control" authors like the Wallston's and Thompson. Let me give you an "assertive" answer and a "yielding/accepting" answer....

Yielding/accepting: it takes a certain amount of time for work to gain "acceptance" in the public domain." Rotter's scale took about 15 years. Wallston's the same. So, we are still "babies" by comparison, with Control Therapy's formal arrival being the 1998 book. I have a saying that you can't force a flower to open, it has to open in it's own time. So, the acceptance answer is that although there is certainly part of me that would like our work to be reviewed and used by everyone everywhere, patience and openness is needed.

Assertive answer. We're making progress! As you probably noted, Wallston wrote some quite kind comments on our book; there are now about 25-30 studies ongoing world-wide with the control inventory in 15 different countries; and about five to ten new studies begin each year. I'm taking the liberty to send you a copy of our chapter in the Encyclopedia of Psychology (2001) on Control Therapy, (as well as our 1996 American Psychologist article) as well as a list of the people doing work on control therapy, and the topics being studied. Please feel free to write and pass on that information to those who write reviews, to help inform them of our work (Although you can't "make" a flower open, you can water and fertilize and nurture the soil!).

Finally, we are going to set up a non-profit Control Foundation, and are in discussions to do so either as an independent private non-profit foundation, and/or in affiliation with a University. This foundation will have funds to encourage graduate student research using the control inventory, as well as encourage ~~interventions and studies~~ involving targeted interventions using combinations of the assertive mode of control and the yielding mode of control. We'll certainly keep you informed as this develops....

Again, my thanks for your kind comments. It is heartwarming to get letters such as yours about our work. As you note by your word "study" it is not exactly simple reading, but I certainly believe well worth the effort. Thanks for the validation, and if you decide to pursue research on the topic, please keep me informed.

On Fri, 7 Jun 2002
BETHSOUE@aol.com wrote:

) Dear Dr. Shapiro:

) Hello. I am a doctoral student in counseling psychology at Temple University, and I've become very interested in the SCI and the ideas in your book "Control Therapy."

) As I read your work and the work by others in the control/acceptance subfield within health psychology, I keep wondering why your conceptualizations of the assertive and yielding modes are not more widely integrated into summaries of the latest theories and research. In fact, they are ignored by some of the more prolific writers (e.g., S. Thompson, the Wallstons).

) Can you tell me why this is the case, or whether I'm missing some key writings? Your ideas take the field beyond the traditional internal/external locus of control framework and should be more widely acknowledged.

) Thank you, in advance, for your help.

Thanks so much for your thoughtful reply! Research really comes alive for me when I can talk with people who have similar passions.

All my best,

Beth

Date: Wed, 5 Nov 2003 15:48:57 -0800
From: Johanna F. SHAPIRO (JFSHAPIRO@uci.edu)
To: 'Deane H. SHAPIRO' (dhshapir@uci.edu)
Subject: RE: Treatment Model Adherence (fwd)

This is so nice! You are such a warm mentor. I'd be so stoked if I received this message. And you're right, there will be dust, but this is also a very good thing. Love ya, J

-----Original Message-----
From: Deane H. SHAPIRO
To: Johanna F. SHAPIRO
Sent: 11/5/2003 11:10 AM
Subject: Re: Treatment Model Adherence (fwd)

well, here's the first invite....!!! we'll see how the dust moves.love
love

I am really impressed. This is amazing. I was especially excited about the qualitative data, which seem to be very important in a study with such a small n, and the videotape library she'll collect. As Beth points out, this will be an invaluable resource for future researchers. I also thought her idea of graphing change for each client would be very effective. Finally, the meticulousness of her training for therapists blew me away. These are going to be crown jewels in the Control Therapy lexicon - we should insure them! Seriously, it might be a good idea to get a copy of her training protocol, if it's written down, because it seems like a great model for anyone else who wants to research the application of control therapy to various client problems. This whole endeavor appears to be at a much higher level of rigor than I'd originally thought. Go Beth! She should receive funding, and kudos, and all possible nurturance along the way. Thanks for sharing this, J

Date: Mon, 10 Jun 2002 11:06:17 -0700
From: Johanna F. SHAPIRO (JFSHAPIRO@uci.edu)
To: 'Deane H. SHAPIRO' (dhshapir@uci.edu)
Subject: RE: Question from a student (fwd)

[The following text is in the "iso-8859-1" character set.]
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Yes, brilliant and perceptive (actually, I think she does "get it," and is absolutely right on about your conceptualization being far more sophisticated than other models). I like the idea of encouraging her to share the AP article, or other accessible summaries of your work, with others. If she decides to pursue research using the SCI, of course you'd be interested to hear more of what she's doing. What a lovely acknowledgment! Love ya, J

>> Subject: Re: couple of questions--couple of answers?!
>> From: "Elizabeth Soucar" <bethsou91@yahoo.com>
>> Date: Thu, January 20, 2005 8:16 am
>> To: dhshapir@uci.edu

>>
>> Dr. S.,
>>
>> Thank you for your input! I meant to get back to you
>> sooner.
>>
>> We're moving along pretty well now with the training
>> of our therapists. Learning how to use the SCI in
>> helping clients identify & clarify goals has been a
>> very rich and fascinating experience. Dr. Hunt & I
>> are in a sort of "learn as we go" process, and the
>> student clinicians have given excellent feedback. We
>> managed to recruit a small group of African American
>> therapists from another program to be "practice
>> clients" for us in doing some short role-plays, and
>> this has been very valuable also. In a couple weeks,
>> we'll start inviting actual clients into the study and
>> begin collecting data.
>>
>> By the way, Lois Surgenor has given me some good
>> information along the way. Thanks for the connection!
>>
>> All my best,
>> Beth
>>