

Sleep, Smoking, Sex, Spiders, Snakes, School

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Reading and light housework are two such activities, he said.

Learning To Relax

This advice, which Boudewyns says anyone having trouble sleeping can test at home, is coupled at the clinic with training in progressive muscle relaxation, meditative exercises, self-hypnosis and biofeedback, in which subjects learn to hear or see their muscles relax using electronic devices.

Psychological screening determines which technique is most likely to help the insomniac and also identifies other problems such as clinical depression that may discourage sleep, he said.

"We see ourselves more as educators than therapists, and we are trying to get away from the notion that we're dealing with abnormality," Boudewyns said while explaining the philosophy behind the clinic. "These are the kinds of problems that everyone has, so we call the people we see clients rather than patients."

Eating Disorders

For people who have given up on diets, psychologists involved in the clinic have initiated an eating disorders program.

"We know physicians have been prescribing diets for people who are overweight for as long as there have been physicians and overweight people," the director said. "But if you go back a year later and look at those who have lost weight on a diet, 95 per cent of them will be back up to the weight they were before."

Behavioral principles that teach overweight individuals how to shed poor eating habits permanently are far more destructive to excess fat after a year than diets that help them shed a few pounds temporarily, he maintained.

Boudewyns said tension and anxiety also are commonly acquired bad habits and that researchers across the country have developed a number of techniques in recent years for helping people cope with them.

"Valium and librium, two tranquilizers, are the first and second most prescribed drugs in our drug-oriented society," he said. "These medications are so abused that they are contributing to what is really a major crisis."

"We're trying to encourage physicians and psychiatrists who see patients for tension and anxiety to consider behavior alternatives instead of immediately writing out prescriptions for tranquilizers."

Techniques used for combating phobias — those irrational fears of harmless snakes, microorganisms, enclosed spaces, flying or high places, for example, that can interfere with normal lifestyles — include "systematic desensitization" and "flooding," Boudewyns said.

Facing Fears

In "systematic desensitization," he explained that the client first learns to relax and then in subsequent sessions slowly begins to face his fears. If he is afraid of snakes, he might be instructed to

fantasize about toy snakes, the psychologist said.

Then he would fantasize about real serpents, and the progression would continue until he could hold a harmless live snake while remaining relaxed.

"You can't be relaxed and anxious at the same time," Boudewyns said. "It's as simple as that."

In "flooding," which is a more rapid approach to phobia control, the client is simply asked to do the thing he is afraid of, under supervision, until the anxiety "extinguishes."

Doesn't Go Crazy

"Contrary to what most people think, if we have someone who is really afraid face his fears, he doesn't go crazy," Boudewyns pointed out. "He may be very anxious at first, but the anxiety soon drops out."

The psychologist said these techniques have proven effective with a large number of business executives who are deathly afraid of flying but who must fly anyway.

He said the recently opened clinic

also focuses treatment on chronic debilitating pain such as that in the lower back, childhood behavior problems and school phobias, bed wetting, lack of assertiveness, marital problems and sexual dysfunctions arising from psychological disorders.

The approaches taken by the clinicians toward sexual dysfunction are those pioneered by William Masters and Virginia Johnson, Boudewyns said. Married couples are taught to focus their attentions on their partners while relaxing and to avoid anxieties about performance which may have caused their difficulties in the first place.

Other members of the professional staff of the Behavioral Change and Self Control Program, all faculty members in the Division of Medical Psychology, are Drs. W. Doyle Gentry, Robert Thompson, Patrick Logue, Richard Lucas, Linda Wyrick, Harold Ziesat and Robert Shipley.



HANDLING GRANT FUNDS—This was a subject for discussion when Charlotte Hunnings, second from right, assistant manager of the Office of Sponsored Programs, visited the secretary meeting in the Department of Physiology and

Pharmacology. Among the secretaries participating in the meeting were, from left, Susan Eurquhart (back to camera), Tana Reynolds, Joyce Cannon and Carolyn Warren. (Photo by Ina Fried)

The Week on Campus

March 25-April 1, 1977

Event and Time	Place
MUSIC (684-4059):	
Fri. (3/25), 8:15 p.m. Duke University Wind Symphony	Baldwin
Sat., 8:15 p.m. Senior recital: Portia Turner, mezzo-soprano, with Kathryn Huestis, pianist	E. Duke Music Rm.
Sun., 7 p.m., Duke Chapel Organ Series: Charles Krigbaum, organist	Chapel
Mon., 8:15 p.m. Durham Chamber Players (Admission Charge)	E. Duke Music Rm.
Tues., 8:15 p.m. Student recital: Julian Wilkinson, viola	E. Duke Music Rm.
Fri. (4/1), 8:15 p.m. Faculty recital: Claudia Erdberg, violin, with Barbara Lister-Sink, Piano and Giorgio Ciompi, violin	E. Duke Music Rm.
RELIGIOUS (684-2572):	
Sun., 11 a.m. Worship service: Rev. Dr. David A. Hubbard, president, Fuller Theological Seminary, Pasadena, Calif.	Chapel
Thurs., 8 p.m. Martin Luther King Jr. Spring Lecture Series Worship Service	York Chapel
PERFORMING ARTS (684-4059):	
Fri. (3/25) and Sat., 8 p.m. Chapel Drama: "By Faith, The Word Became Flesh"	Chapel
Fri. (4/1), 8:30 p.m. Hoof 'n' Horn: "Camelot" (Admission Charge)	Page
SPEAKERS (684-4059):	
Wed., 8 p.m. Hill Memorial Lecture: Dr. Walter Kauzmann	Gross Chem. Aud.
Thurs., 3:30 p.m. and Fri. (4/1), 9 a.m. Martin Luther King Jr. Spring Lecture Series: Dr. Rudolph Featherstone	York Chapel
ATHLETICS (684-3213):	
Sun., 1 p.m. Men's lacrosse vs. Maryland	Lacrosse Field
Mon., 3 p.m. Men's baseball vs. UNC	
Tues., and Wed., 3 p.m. Men's baseball vs. NCSU	
Fri. (4/1), 3 p.m. Men's baseball vs. Maryland	
FILMS: Fri. (3/25), 7, 9:30 and midnight "The Devils," Bio. Sci. Aud.; Sat. and Sun., 7 and 9 p.m. "Silent Movie," Page; Sat., 7:30 p.m. "Lucia," Bio. Sci. Aud.; Mon., 7:30 p.m. "The Shop on Main Street," Zenner Aud.; Tues., 7 and 9:30 p.m. "To Kill a Mockingbird," Bio. Sci. Aud.; Wed., 7, 9, and 11 p.m. "And Now for Something Completely Different," Bio. Sci. Aud.; Thurs., 7 and 9:30 p.m. "Even Dwarves Started Small," Bio. Sci. Aud.; Fri. (4/1), 7, 9:30 and midnight, "Kasper Hauser," Bio. Sci. Aud. (Admission Charge)	

'More than Typing Letters'

(From a report by Susan Eurquhart, Reporter, Department of Physiology and Pharmacology.)

"Secretaries do much more than typing letters," said the administrative manager for the Department of Physiology and Pharmacology.

"The faculty are busy, so we depend on the secretaries to hold the department together and coordinate administrative functions," John Adams said.

Helping the secretaries to make the department function smoothly is

the goal of a new series of monthly secretary meetings.

The meetings in the Nanaline H. Duke Building are scheduled soon after the faculty meetings so that Adams can pass along information about the department and about new policies or procedures in the department, medical center, university, or grant agencies.

"The name of the game is communication," Adams said. "These meetings ensure that all the secretaries in the department are

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Active Faculty Wife, Alice Sidbury, Dies

Alice Rayle Sidbury, 53, wife of pediatrics professor Dr. James B. Sidbury Jr., died Thursday, March 17, in Bethesda, Md., after a long illness.

A memorial service will be held Saturday at 1 p.m. in St. Stephen's Episcopal Church, to which the Sidburys belong. Dr. Sidbury is working at the National Institutes of Health in Bethesda while on leave from Duke.

A native of Athens, Ga., Mrs. Sidbury grew up in Atlanta. She received a bachelor's degree from

Randolph-Macon College and a master's degree from Emory University.

She was active in the Duke Campus Club, the Medical School Faculty Wives Club and the Hospital Auxiliary.

She is survived by her husband, three daughters, two sons, her mother and brother.

The family requests that contributions be made to the Duke Children's Cancer Fund or to St. Stephen's Church.