



**INSOMNIA AND TENSION**—These are just two of the "bad habits" that can be helped in the Behavior Change and Self Control Program, Dr. Patrick A. Boudewyns tells Ort Busse (left), president of the Hospital Auxiliary, and Isabelle Wiley, outgoing program chairman. Boudewyns, director of the program, spoke at the auxiliary's annual fall luncheon meeting. (Photo by Ina Fried)

## Insomniac told to stay awake

By Ina Fried

A man with insomnia came to the medical center's "Bad Habits Clinic" for help. Dr. Patrick A. Boudewyns, the clinic's director, tried every treatment he could think of. Finally, he told the man to stay awake as long as he could.

After 48 hours, the man returned and said he had failed. He had fallen asleep.

Techniques vary widely at the clinic, formally called the Behavior Change and Self Control Program, according to Boudewyns, who is also chief of psychological services at the VA Hospital.

At the fall luncheon meeting of the Hospital Auxiliary, he described some of the treatments available to help people eliminate annoying problems by changing their behavior. The behavioral program, staffed by 10 clinical psychologists, is "cheaper and faster" than long-term psychoanalysis needed for some deep-rooted problems, he said.

Behavioral therapy can also help

people learn to control tension and anxiety without tranquilizers, Boudewyns said. The client learns to relax, sometimes with the help of biofeedback, an electronic device to help a person recognize the level of tension in his body.

Overcoming anxieties about speaking out is part of the assertiveness training program. For instance, a very inhibited person might be asked to get on a city bus and yell out all the street names as the bus passes, he said.

Other problems the program helps with are eating disorders, pain control, smoking control, phobias like the fear of heights, bedwetting, and marital problems.

Officers elected by the auxiliary for the coming year are Ort Busse, president; Irene Nashold, vice president; Betty Anderson, treasurer; Nancy Holler, recording secretary; Carol Egan, corresponding secretary; and Nelly Garrard, historian.

## Professional news

**Dr. Allen D. Roses**, assistant professor and chief of the Division of Neurology, participated in a Symposium on the Structure and Function of Muscle at the IX International Congress of Electromyography and Electroencephalography in Amsterdam.

He also was visiting professor of neurology at the University of Newcastle-upon-Tyne and the National University of Wales.

**Dr. Joseph Moylan**, chief of the Trauma Service and surgeon-in-charge of the Emergency Room, addressed the Triangle Chapter of the American Association of Critical Care Nurses, Oct. 3 in Research Triangle Park.

He discussed physical assessment, initial stabilization of chest wounds and adequate ventilation techniques.

**Dr. David C. Sabiston, James B. Duke Professor and chairman of the Department of Surgery**, was named 1977 Visiting Balfour Professor in Surgery at the Mayo Clinic, Rochester, Minn.

He was at the Mayo Clinic Sept. 29-Oct. 1, and delivered a lecture on "The Coronary Circulation."

**Dr. Will C. Sealy**, professor of thoracic surgery, and **Dr. John J. Gallagher**, associate professor of medicine and director of the Clinical Electrophysiology Lab, participated in a "Symposium on Arrhythmias," in



**DR. SABISTON**

Sydney, Australia, Oct. 29-Nov. 3.

The physicians reported on their work with Wolff-Parkinson-White Syndrome (see *Intercom*, 9/23/77) at the international conference.

Sealy and Gallagher were guests of the University of Sydney and its medical school.

**Dr. Seymour Grufferman**, assistant professor of community and family medicine and Comprehensive Cancer Center epidemiologist, was a visiting lecturer at Johns Hopkins School of Hygiene Oct. 23. He spoke on "The Epidemiology of Hodgkin's Disease."



**DR. GRUFFERMAN**

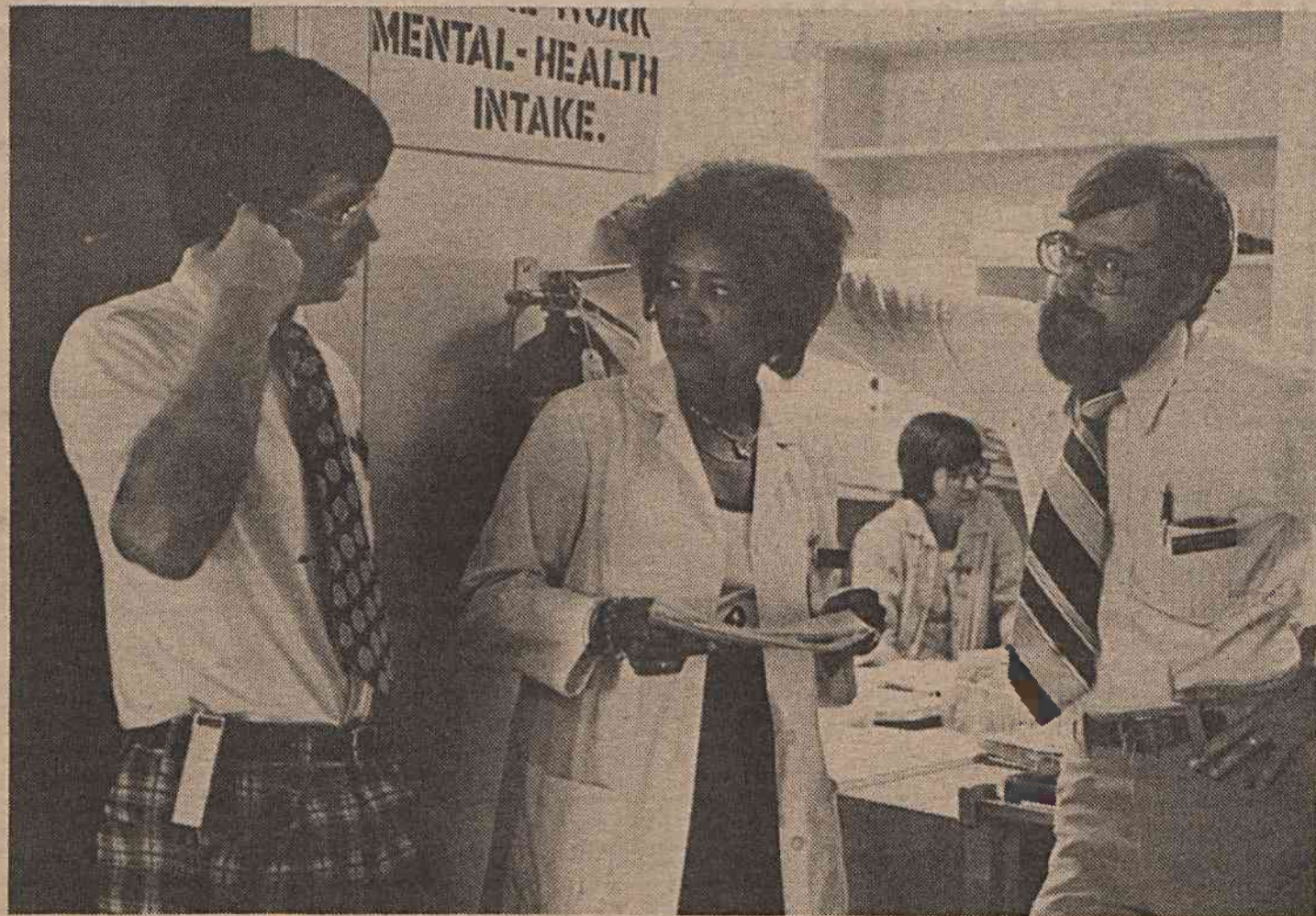
**Dr. Robert B. Jennings**, professor and chairman of the Department of Pathology, attended a symposium in Copenhagen, Sweden, Sept. 8-9, on Acute and Long-Term Management of Myocardial Ischaemia. He was chairman of a session on "Biochemical and Pathological Aspects of Myocardial Ischaemia and Infarction." He spoke at a Symposium on Myocardial Ischaemia and Infarction in Hershey, Pa., Sept. 26-27.



**DR. JENNINGS**

**Dr. Eva J. Salber**, professor of community and family medicine and director of the Division of Community Health Models, presented a paper at the Ninth International Epidemiological Association Meeting in Puerto Rico, Sept. 17-24. Her topic was "Patterns of Dental Utilization in a Southern Rural Community."

**William B. Dennis**, central processing chief, participated in the American Society for Hospital Central Service Personnel Workshop, Oct. 10-11 in Charlotte. Dennis' topic was "Training Programs for Central Service Personnel."



**CITED FOR INNOVATION**—The Social Work/Mental Health Unit of Lincoln Community Health Center (LCHC) has received a Gold Award for innovative programs in the delivery of mental health services. The award was given by the American Psychiatric Association. Three of the people responsible for this achievement are Dr. Ronald J. Taska (left)

and Dr. Robert N. Stevenson, residents in Duke's Department of Psychiatry, and Carolyn I. Thornton, ACSW, director of social work and mental health at the LCHC. Dr. James H. Carter, assistant professor of psychiatry here, is consulting psychiatrist for the unit. (Photo by Ruth E. Newberg)

## Fund still short, drive extended

The United Fund Drive, which was to have ended Nov. 1, has been extended through Nov. 8.

Drive organizers hope that the university's goal of \$102,000 can be reached by that date.

"So far about \$80,000 has been raised, with close to half of that coming from the medical center," according to Gene M. Winders, co-chairperson of the medical center drive. "We need everyone's help to reach our goal."

Winders, business manager in pathology, said that contributions would still be welcomed even after the official close of the drive.