

ABOUT THE AUTHORS

BERNARD GUERNEY, JR.

Bernard Guerney, Jr., Ph.D., ABPP diplomate in Clinical Psychology, is professor of Human Development and Head, Individual and Family Consultation Center, Pennsylvania State University. He is also the founder and president of the Institute for the Development of Emotional and Life Skills (IDEALS) a nonprofit organization for professional training. Earlier, he was Professor of Psychology and Director of the Psychological Clinic of Rutgers University. He has written numerous professional and scientific articles and, with others, four books on psychotherapy/psychoeducation, the latest of which is *Relationship Enhancement: Skill-Training Programs for Therapy, Problem Prevention, and Enrichment*.

JERRY AUTHIER

Jerry Authier received his Ph.D. in Clinical Psychology from the University of Portland, Portland, Oregon. Since completing a clinical internship at Nebraska Psychiatric Institute, he has worked as an Assistant Professor of Medical Psychology in the Departments of Family Practice and Psychiatry. He has written several articles in the area of psychoeducation, including an extensive review of the movement in the May 1976 issue of *The Counselling Psychologist*. With Allen Ivey, he is also co-author of the second edition of *Microcounselling: Innovations in Interviewing, Counselling, Psychotherapy and Psychoeducation*, currently in press.

ALLEN E. IVEY

Al Ivey is Professor of Counselling and Mental Health Administration, School of Education, University of Massachusetts, Amherst. His A.B. degree is from Stanford University (1955) and Ed.D. from Harvard University (1959). He is the author of over 100 articles and books on counselling and psychoeducation. He is perhaps best known for his work in microcounselling — a videobased systematic method of training paraprofessional and professional helpers. He comments that his system of training is used more widely in Canada than in the United States — “perhaps because of a more open view of alternatives to traditional models of helping.”

ALBERT ELLIS

Albert Ellis is the father of Rational Emotive Psychotherapy. He is the Executive Director of the Institute for Advanced Study in Rational Psychotherapy, New York City and Adjunct Professor, Rutgers University. He is author of 38

books, including *Reason and Emotion in Psychotherapy*, *The Art and Science of Love*, and *Humanistic Psychotherapy: The Rational Approach*. Latest books are *A New Guide to Rational Living*, *Sex, and the Liberated Man*, and *How to Live With and Without Anger*.

GEORGE M. GAZDA

George M. Gazda, Ed.D. is Research Professor in the Department of Counselling and Human Development Services at the University of Georgia. He is also Consulting Professor of Psychiatry in the Medical College of Georgia. Attesting to his scholastic productivity, he has written over 100 articles and monographs, and is the author, co-author, or editor of more than a dozen books. He currently serves on the editorial board of two journals. Among his other distinguished achievements, Dr. Gazda is a past president of the American Personnel and Guidance Association, and of the Association for Counsellor Education and Supervision. He was a co-founder of the Association for Specialists in Group Work and is a member of Who's Who in Education, Leaders in Education and Who's Who in the South.

WILLIAM J. HAGUE

Bill Hague is an associate professor in the Department of Educational Psychology, University of Alberta. His research, teaching, and graduate supervision have taken him into the field of moral development. He finds the interest among teachers in this field and the research interests of graduate students both refreshing and encouraging. In winter session he teaches a course in the psychology of religious and moral development and in spring session a course in moral education. Students in these courses, he observes, expect their professor's personal behavior to conform to his teaching on the higher levels of morality. But, fortunately, this expectation is easily dismissed since he distinguishes between “moralizing” which isn't done in such courses and “moral philosophizing” which is done!

BERNARD P. TÉTREAU

After studies in philosophy and psychology in Quebec, Bernard Tétreau received his Ed.D. in counselling psychology from Teachers College, Columbia University in 1964. Now a full professor at Université de Montréal, he has served as a research consultant and director of training programs for the Federal Government. A psychotherapist whose research interests focus on group processes and the bodily components of

therapeutic change, he is also currently working on the elaboration of a psychometric methodology based on nonverbal stimuli, in keeping with his initial affiliation with vocational psychology.

ZANDER PONZO

Zander Ponzo is Assistant Professor in the Organizational and Human Resource Development Program at the University of Vermont in Burlington. He has served as consultant for IBM, local correction centers, and the public school system. Currently, he is striving to lead the good life about which he teaches. To Zander, this means creating a dynamic and satisfying balance among physical activity, professional pursuits, friends, food reflection, relaxation and rest. Although he does not always succeed in this quest, he believes that within frustration lies the energy for further effort and progress. He thoroughly enjoys the challenge of existence and hopes that our readers are in a similar or better position.

DENNIS LUCAS

Dennis Lucas is a consultant for the Manitoba Department of Education. He received his M.Ed. from McGill University and has gained considerable experience in counselling at the high school and college levels. Dennis is currently interested in helping teachers to promote the career development of their students. He is indeed a counsellor who consults!

ROGER D. MARTIN

Roger D. Martin is an associate professor of clinical psychology at the University of Saskatchewan, Saskatoon. He obtained his Ph.D. from the University of Alberta in 1969. His research activities are in the areas of cross-cultural psychology with Native Canadian youth, and personality studies of youthful offenders.

CARL E. THORESON

Carl E. Thoreson (Ph.D. Stanford, 1964) is Professor of Education and Psychology at Stanford University where he directs a research program focused on self-managed change in health-related areas, such as the insomnias, adolescent obesity and stress and tension ("Type A") in cardiovascular diseases. He also is Executive Director of Learning House, a behaviorally orientated residential treatment facility for disturbed children and parents in Palo Alto, California.

KATHLEEN KIRMIL-GRAY

Kathleen, a doctoral candidate in Counselling Psychology at Stanford University, is actively involved in research on self-managed change, particularly with research concerning children and adolescents.

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Peggy is a doctoral candidate in Counselling Psychology at Stanford. She is actively involved in research on self-managed change, particularly with children and adolescents.

DUGALD S. ARBUCKLE

Dugald Arbuckle is Chairman of the Department of Counsellor Education and Director of the existential-humanistic doctoral program in counselling at Boston University. Before receiving his Ph.D. from the University of Chicago, he was a teacher and personnel worker in Alberta schools. Dr. Arbuckle is the author of eleven books and more than 100 journal articles. He conducts a private practice, co-leads numerous couples workshops (with his wife), and consults for some thirty universities and school systems. Among his numerous distinguished accomplishments, Dugald has been awarded the Silver Rope by the Alpine Club of Canada.