

OU president resigns for NY post

Oakland University President Donald D. O'Dowd will become executive vice chancellor of the State University of New York Jan. 1.

O'Dowd's appointment was announced by the executive committee of the SUNY Board of Trustees at a meeting Friday in New York City. The SUNY system, with 64 campuses, 340,000 students and a budget of just under \$800 million, is the largest university system in the country.

O'Dowd, 52, has been chief executive officer at Oakland for nearly a decade. He was named OU chancellor in February 1970 by the Michigan State University Board of Trustees. When OU became independent later that year, the newly appointed OU Board of Trustees named O'Dowd the first president of Oakland University.

Prior to his appointment as chancellor, O'Dowd served as chief academic officer at OU under Oakland's first chancellor, D.B. Varner.

O'Dowd joined the OU staff in 1960 as associate professor of psychology and assistant to the dean of the faculty. He was named dean of the university in 1961 and provost in 1966. The title of dean of graduate studies was added in 1968.

On behalf of the OU Board of Trustees, chairperson David B. Lewis said the board accepted, with regret, O'Dowd's decision, but added that the board certainly can understand O'Dowd's attraction to the SUNY position.

"WE CAN TAKE pride that his new duties are not only a professional challenge for him, but a reflection of the leadership skills he demonstrated at Oakland," Lewis said.

Oakland has been very fortunate in having two extremely capable leaders during its history. President O'Dowd is leaving a rich legacy, as did Chancellor Varner before him.

The board extends to Don and Jan best wishes and gratitude for giving so much of themselves to Oakland," Lewis said.

Lewis praised O'Dowd's leadership of Oakland during the 1970s, citing particularly the development of a five-year plan in 1978, continued enrollment growth throughout the decade, and a substantial broadening of the curriculum.

Enrollment grew from 9,000 to more than 11,000 students during the 1970s, a decade which saw little enrollment



PRESIDENT O'DOWD
At OU since 1960

growth throughout the state.

During O'Dowd's tenure as president, Oakland initiated its first doctoral programs (engineering and reading) and added significantly to the number of masters' degree programs. At the undergraduate level, a School of Nursing

was added, as were a Center for Health Sciences and a Center for Career and General Studies. Many new majors and concentrations also were added in the College of Arts and Sciences and the School of Human and Educational Services.

THE BOARD OF TRUSTEES will work toward assuring continued progress and a smooth administrative transition, said Lewis.

A native of New Hampshire, O'Dowd earned his undergraduate degree at Dartmouth College and his doctorate in social psychology from Harvard University. He was a faculty member and acting dean of freshmen at Wesleyan College before coming to Oakland in 1960.

He and his wife, Jan, have four children.

In moving to SUNY, O'Dowd will be rejoining former Michigan State University President Clifton R. Wharton Jr.

Wharton, now chancellor of the SUNY system, was president at MSU from 1969 to 1977. One of his first acts as MSU president was to recommend to the MSU Board that O'Dowd be named chancellor at OU.

Customer questions Queen's quarters

If the price of gas has you steamed, consider this story.

A fellow pulls into a gas station and gets \$5.10 worth of the liquid gold. He gives the attendant \$5 and gets three American nickels and three Canadian quarters.

That recently happened to Joseph Wolodzko at a station in Livonia, and he was a bit bothered.

The move could have saved the gas station a few cents in currency exchange rates.

The gas station is denying that anything improper is going on, but the state attorney general's office is interested in knowing if it ever does.

CANADIAN MONEY is generally available in banks. As of Friday, the exchange rate quoted by one local bank teller was .8975, meaning 89.75 cents gets you a Canadian dollar.

Looking at it another way, if you bought \$5.10 worth of gasoline, paid \$5 and got back three American nickels and three Canadian quarters, you received the equivalent of 81 cents instead of the 90 cents you had coming.

While you probably won't have

any trouble passing off the Canadian quarters, the gas station is saving over 13 cents on the dollar every time it gives out Canadian money in change at the American rate.

The use of Canadian money is common around Detroit, due to its proximity to Windsor, but many establishments will impose the lower rate of exchange on people using Canadian money here.

Wolodzko said the attendant at a Speedway station on Five Mile told him she had no United States quarters.

"She showed me whole rolls," he said. "I said to give me all nickels. She refused."

"It's a minor thing that got under my skin. I just didn't like it."

The attendant, Diane Young, who is the manager of the station, said there was no scheming involved in the transaction. The Canadian quarters were all she had, she said.

A LAWYER in the attorney general's office in Lansing says there could be a problem.

"They are in effect charging you more than the posted price," said Patrick Isom of the Consumer Protection Division.

Prof counters psychotherapy critics

What's it like to visit a psychotherapist? Does analysis really work? Don't people get better on their own?

According to Howard Shevrin, University of Michigan professor of psychology, psychotherapy is "alive and well" and helping people deal with personal problems, despite a loss of fad appeal in recent years and attacks on its effectiveness.

"Psychotherapy is real," Shevrin said. "It works."

However, decades of doubts, romanticizing and fantasizing have enervated the profession with myth, he said.

(For example, the word "shrink," from headshrinker, became

popular in the 1950s. The source of the word, according to American Dictionary of Slang, is a short story, "High Pressure Girl," by Steve McNeil in the Saturday Evening Post, Aug. 10, 1957. "You sound like one of those headshrinkers — a psychiatrist.")

Far from being a mysterious process, Shevrin claimed, psychotherapy in some ways is similar to enrolling in a very special class. There is the teacher and one student — you.

Shevrin described therapy as "entirely rooted in human experience."

"It's not a 'psychological operation,'" he said. "Nothing is more natural for a person to talk

out his problems with a sympathetic listener. Many people benefit from this, but talking alone doesn't always help."

If tensions, anxiety, anger do not go away at this point, the person may need to talk to someone whose training goes a step beyond the sympathetic listener, Shevrin said.

Who benefits from psychotherapy? "Therapy can help when things have not been right for a long time in someone's personal world. This doesn't mean a person is greatly depressed or dispondent, only that there is continual personal distress in life situations. These can involve

problems in work, school or marriage which cannot be pinned on circumstances," Shevrin said.

"People who need psychotherapy find that they are not only unhappy themselves, but they make life difficult for persons close to them," he said.

Psychotherapy starts where conscious, rational efforts of the patient are not bringing results, Shevrin said. "For instance, there is the typical case of a man who has had an unhappy childhood, but who swears when his children are born: 'It is going to be different with them. I'm not going to treat my kids like my old man treated me.'"

"Later, however, when problems arise in child rearing, a relative who knows both the grandfather and father often will point out that the father is raising his children in

the same brutal manner in which he was brought up."

"The man is astounded when he sees the truth in this." "Despite all his good intentions, he is locked into a behavior pattern he both doesn't understand and cannot consistently control."

Myths, fostered by novels and such film classics as "Spellbound," tout recall of childhood experience as the key to unlocking personal problems.

"This is not true," Shevrin said. "Many people have excellent recall of every detail of their childhood, but this does not mean good because they cannot make a present-day emotional link-up with the experience."

Do people run the risk in psychotherapy of really losing control of themselves or of being too dependent on their therapists? Shevrin said that one of the benefits of ex-

periencing unwelcome feelings in psychotherapy is that for the first time the person can understand them in such a way that he or she is not overwhelmed and can, in fact, learn from the experience.

"Changes are not forced on people. No one is compelled to quit a job or divorce a mate because of psychotherapy," Shevrin said.

Does psychotherapy take a long time? In many cases, one to three years, Shevrin noted. But this is not a yardstick of how "sick" the patient is but merely indicates the amount of ground to be covered.

"You can't go over the emotional milieu of a

lifetime in a few weeks or months working one to three hours per week," he said. For example, the man who finds out that he has been treating his kids in the same tough way as his father despite his best intentions may have to confront some unhappy things in himself and it may take awhile to absorb.

How about the cost of therapy?

For persons utilizing clinics sponsored by a governmental unit or a university, there is a true sliding scale of fees. Depending on income and other factors a patient can be asked to pay from \$1 to \$5 per session up to the full \$45 fee, Shevrin said.

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