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## ISMA-USA NEWSLETTER

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**NEWS**

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### ISMA-USA CHAIRPERSON ELECTION RESULTS

By [Richard H. Rahe, M.D.](#)

ISMA-USA Chairperson

It was a nip and tuck race for the election of ISMA-USA Chair. First Paul J. Rosch took the lead, only to be passed by James Campbell Quick. Then Rosch again, Quick again, with the final result nearly a tie. Paul Rosch ended with 52% of the vote and will be the association's 2001 Chair. However, since Jim Quick was such a popular candidate, the Board (in its well reputed wisdom) decided that he earned the Chairperson's position for 2002.

**Paul J. Rosch, M.D.** is President of the American Institute of Stress, Clinical Professor of Medicine and Psychiatry at New York Medical College and Honorary Vice President of the International Stress Management Association. In addition, Dr. Rosch is Editor of *Stress Medicine*, Associate Editor of *The International Journal of Emergency Mental Health* and *The International Journal of Stress Management*. He has served on the editorial boards of many other publications. He has organized and presided over the annual International Montreux Congress on Stress for the past decade, which has featured state of the art presentations on all aspects of stress as well as the cutting edge research in bioelectromagnetic and alternative

medicine. Dr. Rosch authors the *Wellsprings of Health* section of *Creative Living* and *Health and Stress*, the monthly Newsletter of the American Institute of Stress. He has the monthly *Health and Stress*, Newsletter of the American Institute of Stress. He has written exclusively over the past forty-five years on the role of stress in health and illness, with particular reference to cardiovascular disease and cancer, and problems associated with job stress including *The Doctor's Guide To Instant Stress Relief* and more recently, *Magnet Therapy*.

**James Campbell Quick, Ph.D.** is Professor of Organizational Behavior at the University of Texas at Arlington. He was formerly Distinguished visiting Professor of Psychology 58<sup>th</sup> Medical Wing (USAF) and founding Editor of the *Journal of Occupational Health Psychology*. Dr. Quick earned an A.B. with honors from Colgate University, a Ph.D. from the University of Houston, and has taken courses in behavioral medicine at Harvard Medical School and UT Health Science Center. He is a fellow of the Society for Industrial and Organizational Psychology, the American Psychological Association, and the American Institute of Stress. He received the 1990 Distinguished Professor Publication Award for *Corporate Warfare: Preventing Combat Stress and Battle Fatigue* (with Debra I. Nelson and Jonathan Quick). He has also co-authored *Preventive Stress Management In Organizations* (APA, 1997). He was APA's stress expert to the National Academy of Sciences on National Health Objectives for the Year 2000. Dr. Quick is in the USAF Reserve and has numerous military awards and decorations.



[Paul J. Rosch](#)

**Congratulations to both fine gentlemen.**



[James Campbell Quick](#)

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## **DEVELOPMENTS IN THE STRESS MANAGEMENT CERTIFICATION**

By [Wes Sime](#) and [Camille Frey](#)  
Co-Chairs of ISMA-USA Certification Committee

The historical perspective on certification was recently published in the ISMA-USA BULLETIN, February 2000 and is repeated in part here. The rationale for having a certification process for stress management is based upon the well established need for educational, prevention oriented services to deal with a growing population of busy, over-worked, frazzled and sometimes burned out people in our society. Medical and psychological service providers are sometimes over-whelmed with patients who are unable to cope effectively with self-induced pressures and are suffering from a wide variety of stress related disorders. The need for credentialing in stress management is apparent based on the growing number of inquiries both from companies seeking qualified speakers and consultants as well as from aspiring professionals (youthful and the more experienced and mature) who are seeking the training and credentials to become established this field. Fortunately, there are a number of successful speaker/consultants who have the potential to provide stimulation and credibility to the profession.

We are asking all ISMA-USA members to assist in developing a mechanism to establish top quality standards and criteria for a stress credential that does not duplicate clinical services but focuses on clearly defined educational principles and skill development for the widely divergent topics commonly found under the umbrella heading of Stress Management. Fortunately there is a precedent for credentialing in the health related professions related to stress management. Clinical biofeedback

has an established history of certification related specifically to the stress related disorders. Other certification examples include: health education, exercise therapy for cardiac rehabilitation, weight loss, and a general health and fitness credential, all of which are sponsored by reputable organizations with clearly defined criteria. In addition, the biofeedback certification organization (BCIA) has had a certification in stress management which accepted applicants from circa 1990 until 1997. However, they have ceased to provide this service; therein lies the opportunity for ISMA-USA. Today, as before, there seems to be a clear indication that the stress management profession has a following that will support certification and the training for it if it is structured and maintained properly.

While very few professionals make a full-time income off their activities in stress management education, there are many who have adjunctive professions that are supported, in part, by the integration of seminars and workshop featuring the topic of stress management along with other health topics (fitness and weight control) as well as in business where productivity, efficiency, employee satisfaction, and human resources loss prevention are common topics.

Having established an apparent market and a need for this credential, we still need to review the necessary criteria to become certified in stress management education. It is also likely that a number of levels of certification or subspecialties may be desirable thereof. This element is critical given the number of under qualified individuals who make claims and distract the viable marketplace for services.

Therefore, we suggest the following steps in an Action Plan to be carried out in the 2000.

#### Action Plan:

1. The Stress Management Committee is meeting by email to finalize the recommendations for development, promotion and administration of the credentialing process.
2. At the business meeting in Denver on April 1, we discussed this issue extensively with the ISMA-USA Board; however, we are interested in more input from all ISMA-USA members before seeking final approval for the stress management certification.

#### Recommendations we must address:

##### 1. Administration personnel

Who handles the paper work and the process?

Do we hire someone to do this?

##### 2. Workshops and training programs

A sample program was held in Denver, April 2nd, 2000.

##### 3. Certification fees

Range \$195-295?

##### 4. Certification review process

Do we have a committee for this?

Do we have criteria such that staff can handle this?

##### 5. Development of promotional materials

Do we need very professional illustrations and marketing insight?

##### 6. Publicity in professional publications

Are there inexpensive ways to promote the credential and training?

##### 7. Candidate education background

a. bachelor/master degree in social or behavioral sciences, or

b. bachelor/master degree in any field with specified courses in social or behavioral sciences, or

c. bachelor degree in any field with specified years of formal work or volunteer experience in a human service agency.

##### 8. Course content

In order to appreciate the complexity of the issues professionally, the program should include a set of foundational courses/units from the established fields of personality, abnormal, physiological, health, behavioral medicine,

psychometrics, which is already included in a body of knowledge (Raymer and Sime, 1991).

9. Venue of the program

- a. at a specific training location or
- b. provided by distance training through telephone, internet, etc.

10. Qualifications of the program instructors to be obtained by accreditation with one instructor or one coordinator arranging several instructors presenting specified units.

At the annual meeting in Denver, April 1-2, 2000 ISMA-USA attendees deliberated seriously over the future of the organization and the role of certification in its mission. The Certification Committee has put forth a number of strong recommendations for consideration. More suggestions are being sought by LISTSERV email communication. Contact [Camille Frey](#) to get involved on the LISTSERV and have your input recognized.

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**FROM the CHAIR**

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### From the Chair ...



[Richard H. Rahe, M.D](#)

Welcome to the New Millennium Newsletter of the USA Branch of ISMA. Betty McGuigan continues her several tasks for our branch, which have included being the Editor of our Newsletter since its inception. Betty is being assisted this year by Serena Wadhwa. Serena has expressed an interest in becoming the NEWSLETTER Editor starting with our next issue in the fall. Thanks Betty! Good luck Serena!

For the first time our NEWSLETTER is being published on our web site. This will save on printing costs and postage. Another publication due out shortly is our Membership Directory. Each member will receive a printed copy. An abbreviated form will appear on our web pages.

As you know, the annual dues for our organization are extremely low. To keep them at this level, we urgently need new members. Each member should recruit a new member this year. Let's make this our goal for the year 2000! Further, all current members should be dues-paying members. I'm sending a reminder letter to all who have not submitted your dues for this year. Remember that our fiscal year runs from Jan 1 to Dec 31. We are already into the 2nd quarter.

This year, some of you contributed extra to create a special project fund. That fund is growing, but there are some lonely dollars in the bank account that are crying out for new friends.

Our ISMA branch has many irons in the fire. So, we decided to hold a Business Meeting on Sunday, April 1 in Denver, CO where many of our members were attending an AAPB conference. John G. Carlson ran the meeting, and agenda items include membership growth, uses for the special fund mentioned above, planning for the upcoming International ISMA conference, summer, 2001, and the issue of credentialing stress-management professionals.

Wes Sime has taken the lead and is now assisted by Camille Frey in gathering members' ideas about defining the required education and experience necessary to qualify for such credentials. It turns out to be a rather complicated business. Formal educational experience needs to be spelled out flexibly so degrees in social work, or psychology, or medicine, all fit in. Necessary experience working in stress management is also seen as being important. What kinds of experience and what kinds of supervision have to be carefully crafted. A grandfather provision for those already established in the field must be considered. Finally, should there be an examination for recently trained applicants? Certification would help define members to the professional world – in contrast to self-styled stress consultants that exist in profusion. We would appreciate any ideas you have on these subjects sent to him at [wsime@unl.edu](mailto:wsime@unl.edu).

Good health and success to all!  
RHR

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**FOCUS on STRESS  
MANAGEMENT**

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## SHOULD STRESS MANAGEMENT BECOME A PROFESSION?

[Robert Dato, Ph.D., NCPsyA](#)

Chairman and CEO  
DATO LEADERSHIP INSTITUTE  
Wynnewood, PA

One of the challenges faced by the International Stress Management Association is the issue of professionalism. Sooner or later we will have to answer the question: Should we or should we not become a profession? Why will we have to answer this question---because, like the proverbial mountain, it's there.

All professions are based on a body of knowledge, a set of practices, and a code of ethics. With regard to stress management, the body of scientific knowledge began with Galileo's study of stress in 1633. Since then, both our knowledge of stress and stress management have increased enormously. By others, we are considered a field of study, whereas we are probably more accurately a discipline since our knowledge base is stabilized and our practices are becoming more standardized. What we lack is a code of ethics and a systematic method for training and certifying ourselves. When these are accomplished we will become a profession.

There are two types of professions, those which are regulated and those which are unregulated. Regulation involves the public sanction of a profession. To become a regulated profession, a profession must petition the government of a country or state within that country. One of the most important parts of the petition is convincing legislators that the lack of regulation will cause potential harm to the public. Once a profession is regulated by law, licensure is required of the members of that profession. Unregulated professions are professions which provide member certification, but do not choose to go the path of licensure. This does not mean that unregulated professions are any less proficient or ethical, it simply means that, for one reason or another, their members dislike or even abhor external regulation by those who are unaware of the inner workings of their professions.

So there are really two questions for us to consider. First, do we want to become a profession, and second, should we become a regulated profession. These are important questions for ISMA. Our leadership, with the support of our members, must eventually develop a vision for our evolution. We must decide what is to our best advantage, to remain a discipline or to become a profession. We are not compelled to become a profession just because we can do so. The choice should be based on our strategic goals, which require constant refinement and updating.

As a reader and member of ISMA, you have a stake in all of this. If you are heavily involved in stress research or stress management, your professional image depends on how these questions are answered. Your input is a necessary and valuable component of the decision-making process. You are encouraged to communicate with our leaders and with each other about the issue of becoming a profession. Our leaders represent your views, goals, and aspirations.

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## GETTING BOOKED PROFITABLY IN STRESS MANAGEMENT

By [Wes Sime](#) and [Camille Frey](#)  
Co-Chairs of ISMA-USA Certification Committee

How do you get more scheduled, paid presentations in stress management? First you need to be good at what you do. Second, you need the content well organized and illustrated with great case examples. Third, you need to be well networked with people who are in position to know who needs the services and how to connect with them to market your product. In addition to these critical factors, it would also be very helpful to have credentialing and a strong reputation in the field in order to effectively impress the decision maker who may or may not know they need and want these services.

Training and experience is essential to get good at presenting Stress Management Workshops and Seminars. You can get this experience by apprenticing with someone who does this work and cannot handle the amount of scheduling he/she has. In the absence of a generous mentor in your neighborhood, the next best solution is to seek experienced training from a trainer who is willing to continue a networking service with you. This can be accomplished in a training program that

meets certification criteria of ISMA-USA.

Selecting the best content from the plethora of books and other publications on stress management can be very difficult. If you have a couple years available to devote full-time to reading and research, you might be able to master the topic. In the absence of such a luxury, it is necessary to rely on an established body of knowledge developed over a substantial period of time by an esteemed body of experts in the field substantiated by research. This body of knowledge is available through ISMA-USA and can be dispensed as part of credentialed training and certification programs therein. Decision makers respond to clear evidence of benefits in the form of productivity, reduced cost or loss of human resources due to illness.

The third criterion for becoming successful in conducting profitable stress management seminars and workshops lies in the healthy personal relationships with influential people in professional and other organizations who have the means to provide reimbursement potential. Nido Qubein, one of the most successful motivational speakers in American, described his early years as a child of immigrant parents from Lebanon. His mother told him, "If you want to be successful, you must walk shoulder to shoulder with other successful people and the opportunities come forth in ample quantities." Service organizations (Rotary, Kiwanis, etc.) churches and country clubs are just a few of the natural networking environments that allow aspiring members to align with experienced members for mutual benefit. It takes courage and insight to break into some of these networking opportunities. Experienced ISMA-USA training specialists can make this process more realistic for the shy and unassuming professionals who wish to prosper in this field.

One available opportunity for training in Stress Management (perhaps in preparation for certification) occurs during the summer of 2000. The Behavioral Medicine Research and Training Foundation in Seattle, Washington offers individual continuing education courses in behavioral medicine, biofeedback and stress management. These courses can be used for credit towards a doctoral degree in behavioral medicine given at the foundation's sister school. The first course of three courses related to topics of stress and performance will be held May 27-28, the second is June 14-15 and the third is July 5-6. Participating in one or two out of these three workshops would be an excellent opportunity to gain many of the skills and content to be successful in stress management consulting as well as in seminars/workshops. All workshops have continuing education credit available.

For more information and details on cost and specific content of the courses and the doctoral program, please visit the foundation's web site at ([BEHVMEFOUNDATION.ORG](http://BEHVMEFOUNDATION.ORG)).

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## **SPIRITUALITY AND STRESS REDUCTION**

By [Paul J. Rosch, M.D., F.A.C.P.](#)  
President, The American Institute of Stress  
Clinical Professor of Medicine and Psychiatry  
New York Medical College

There is little doubt that having a firm faith, trust, or belief can reduce stress, as well as provide numerous and very varied health benefits. My own research on the relationships between stress and cancer over the past two decades has revealed that in well-documented cases of spontaneous remission, the common denominator appears to be the patient's strong faith, or belief. This might stem from trust in a physician, a specific new medication or treatment, or the ability of some higher omnipotent spirit to restore health. Others have reached the same conclusion in studies of patients with other seemingly terminal illnesses who are miraculously cured and have no evidence of disease years later. What mechanisms of action could possibly be responsible for mediating these remarkable rewards?

A major problem for scientists trying to answer this question is the difficulty in defining, much less measuring "faith", "belief" or "spirituality". These are all highly subjective and do not necessarily correlate with things like regular attendance at religious functions. Similarly, defining stress is like trying to nail a piece of jelly to a tree. Hans Selye, who coined the term as it is presently used, struggled with this his entire life. As he finally concluded "Everyone knows what stress is, but nobody really knows." Stress is a highly personalized phenomenon that differs for each of us. Things that are very distressful for some people can be an exhilarating delight for others, or seemingly have little impact either way. That can be readily illustrated by observing passengers on a steep roller coaster ride. Some, crouched down in the back, eyes shut, white knuckled as they grasp the retaining bar, can't wait for the ride in the torture chamber to end so they can get back on solid ground and scamper away. But up front are the wide-eyed thrill seekers, relishing every steep plunge, who race to get on the very next ride. And in between, you may find a few with an apparent air of nonchalance that borders on boredom.

The roller coaster ride is a useful analogy because it provides important clues about stress, some of which may be relevant for our understanding the health benefits of faith and spirituality. What distinguished the passengers in the back from those in the front was the sense of control they felt over the event. While neither group had any more or less control, their perception of this and hence their expectations were quite different. That's what stress is all about. Although difficult to define, all of our experimental and clinical research confirms that the feeling of having little or no control is always distressful. We often create our own stress because of faulty perceptions. You can teach people how to move from the back of the roller coaster to the front, and nobody can make you feel inferior without your consent.

Conversely, developing a sense of control is a powerful stress buster. People with a strong faith may feel in control because they firmly believe that some higher authority will take care of their problems or answer their prayers.

How the benefits of faith and spirituality are mediated is another thorny problem that cannot be explained in terms of our current appreciation of how communication takes place in the body. However, they do become comprehensible in an emerging paradigm of communication at a physical/atomic level rather than the current molecular model. EEG waves may not merely reflect the noise of the machinery of the brain, but rather signals being sent to specialized receptor sites elsewhere in the body through unsuspected pathways. Whether this is via the "electrical circulatory system" proposed by Nordenstrom, which he suggests may be analogous to the meridians that conduct chi remains to be seen. However, it is quite clear that external feeble forces of a similar magnitude can have nonthermal but nevertheless powerful psychophysiological effects. These cannot be explained by Newtonian physics or laws of thermodynamics that govern ionic flux across cell membranes. Advances in this area that have important implications for stress management have been presented at our prior Congresses. However, the forthcoming Eleventh International Congress on Stress will have a particular focus on the role of faith in health and stress reduction. There will be a particular emphasis on exciting progress that has been made in delineating new pathways and mechanisms that may explain why faith, a sense of control, intentionality, as well as placebos and acupuncture can provide significant health benefits. These may all be parts of the same puzzle.

Additional details on our Eleventh Congress are available in the [FUTURE MEETINGS](#) section of this NEWSLETTER or can be obtained by contacting The American Institute of Stress ([stress125@earthlink.net](mailto:stress125@earthlink.net)).

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The following will appear in the July/August 2000 issue of *Hinduism Today*.  
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## **KARMA: AN UNSEEN SOURCE OF STRESS**

By [Serena Wadhwa](#)  
ISMA-USA NEWSLETTER Assistant Editor

Most of us, when it comes to stress, have some difficulty in being able to handle it. Many of us react to stress with frustration, anxiety, a sense of powerlessness, and feelings of being overwhelmed. It often amazes me how influential Hinduism has been in managing stress in my life. Although I have never pronounced myself to be a Hindu, the influence of my upbringing still exists. To my awe, it has profoundly affected my attitude towards managing the stress in my life. A primary concept of Hinduism involves the notion of Karma. The soul transmigrates as needed in order to encompass lessons within itself. Understanding this through time, I have assimilated this notion into shifting my understanding of the stress in my life.

The notion of Karma includes the premise that energy is circular. What I give, I receive. There is a cause-effect relationship. When I have an attitude of negativity due to stress, this comes back to me in some way. Karma can help shift one's understanding of stress, by encompassing the notion that if one does not expend energy into worrying or fostering other overwhelming feelings, then this negative energy cannot return. This can translate into understanding that we don't need to react to stress with those usual negative aspects of frustration, powerlessness, and tension. The energy given to reacting to stress is simply not necessary. Karma encompasses the notion of understanding that things are happening for a reason: the energy returning to me was once given from me. In some way, the stress that is occurring is simply energy that I once emitted for some reason. Implicit in the notion of Karma is also the concept that the things that are happening provide an opportunity to grow, so that in the future, one will not have to discharge unnecessary energy.

Stress is a way of creating human bondage. If one considers this, one can perceive how stress cultivates worry, frustration, procrastination, and other aspects of negative energy for many. In doing this, we are choosing to allow Karma to continue this cycle of negativity. We have become bonded. Bondage occurs through not understanding that what is happening is occurring because of us. The law of Karma states we are responsible for our fate. We do have the choice of generating positive energy to emit and return to us. If I choose to succumb to the stress that exists, I become a slave to it. By understanding that the law of energy is attempting to balance itself, I can see that what I have perceived as stress is merely an opportunity for growth to occur and positive energy to flow. Worrying, passivity, and frustration are choices that will not allow the balance to be achieved, and thus they continue the cycle of stress.

If things happen for a reason, the soul needs to attain the level of understanding that the experience may unfold. I have viewed in this way the stress that I have faced through my life. What am I stressing over and why? These questions have often led me to understand why I have allowed stress to affect me in the way it had. If Karma is the balance of energy, then the negative energy of stress can only be balanced by the positive energy of understanding. As a consequence of my understanding better why I stress over certain things in my life, I have noticed that Karma tends to circulate in the opposite direction.

For example, when I experienced the stress and death of a dearly loved one several years ago, my father suggested that perhaps there was a reason for this experience. Grieving encumbers a person with a great amount of stress as it is. Upon hearing what my father said, I suddenly realized that up to that point, most of my Karma had been extremely negative. I was not in school, had involved myself with the wrong people, and didn't have much to show for my life. This was the turning point. Suddenly, things made sense. If this person was part of my life to help me turn my life around, somehow, the energy was balancing out. Her death was the balancing act. I realized, because of this understanding of the balance of karmic energy, what had happened was negative energy returning to me. At this point, I had a choice. Understanding that a balance had occurred on some level had changed my perspective on the stress I was experiencing. Although I grieved, I had an unusual perspective on the situation in my life. I applied the stressful energy I felt from the grief into my studies, and I concentrated on working and cultivating healthier relationships. Things became positive. Good things began happening. It was as though the Universe had begun the transition of Karma.

From this, I have realized that one way I lessen stress in my life is by questioning the meaning of my stress. There exists a lesson in stress, and the soul is merely trying to bring the lesson to consciousness in a way that the human mind can comprehend. By understanding the source of my stress, I can evaluate if it is something that I need to deal with or if it exists as a means of obtaining a lesson I must learn. For example, while being a doctoral student, a certain amount of stress naturally occurs as that is part of the energy of becoming a student. However, the additional stress I place on myself is not. If I experience additional stress, it is because I place it there or somehow am allowing the energy that I have previously expended to take over. By my understanding that the stress that is occurring naturally is merely the balance of the energy I put into my education, this allows me to embrace what exists without it negatively affecting my life.

But how can one implement this notion within one's perception? How does one apply the notion of energy transforming in daily life? Although this is not an easy task, with time, it can occur. A sense of being overwhelmed or feeling negative can

signify the first sign. When this happens, one needs to step back and look at the sources of stress. Why are these particular events or situations stressful? Is there some energy being negatively returned to me by this situation or event? If so, this understanding can shift the attitude. Knowing that this negative energy is being returned allows one to realize that it is nothing more than a balance of energy. The worrying, frustration, and procrastination that one adds perpetuate more negative energy, which continues the cycle of debilitating stress.

Recognizing that stress is only a shift in energy can assist one in handling the stress more effectively. Recognizing that the stress is signaling that incoming energy is negative can allow a person to prepare for this and to develop positive ways of dealing with it. Understanding the law of Karma is essential in order to apply the concept to one's life. Recognizing that energy is passing and taking this attitude tames the stressfulness from becoming an overwhelming sense of fate. Understanding and adopting the mind frame that one does not have to dramatize the event(s)/situation(s) allow one to witness the flow of energy and the natural way in which this energy becomes balanced.

Earlier, I mentioned that when things appear stressful, it may be an opportunity to grow. In a sense, the energy is coming back to provide a chance of learning how to handle the situation(s)/event(s), so that in the future, it doesn't occur in the same pattern. Additionally, the sense of being stressed may also be Karma implying that a change needs to occur. Perhaps there are things that one must let go of at that particular time. Perhaps there is an easier way of doing something. Perhaps, Karma is providing an opportunity for one to ask for help from another. In each of these situations, Karma is stating that something is being given back. What is done with this opportunity is an individual's choice. However, if the person doesn't choose or chooses unwisely, Karma will bring the negative energy back at a different time in this life or another. Choosing wisely at the time, understanding that energy is balancing and that an opportunity has arisen to be a growing spiritual person, meets the stress that is occurring in a person's life. Not with reaction, but rather, with action. Action allows the energy to flow and goes with it in a positive rather than a negative way.

Editor's Note: Click on an author's name and enter into an email dialogue about the article.

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[ANNOUNCEMENTS](#)

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## NEW BOOK PUBLICATION

The following is from a Harwood Academic Publishers' announcement.



### **STRESS AND HEALTH** **Research and Clinical Applications**

Edited by Dianna I Kenny, *Department of Behavioural Sciences, University of Sydney*  
John G. Carlson, *Director of Health Psychology University of Hawaii*  
F. Joseph McGuigan, (deceased) *Director of the Institute for Stress Management in San Diego*  
John L. Sheppard, *Department of Behavioural Sciences, University of Sydney*

*'state of the art [contributions] by leaders in the field ... a useful graduate text and reference for work in stress management, health psychology, and applied psychophysiology.'*  
-Paul Lehrer, PhD, University of Medicine and Dentistry, Robert W. Johnson Medical School, New Jersey

With contributions from some of the best known names in psychology today, *Stress and Health: Research and Clinical Applications* presents a truly global perspective on current developments in the field divided into five broad categories: Biological, Physiological and Psychological Bases of Stress; Health Consequences of Stress; Management of Stress and Stress-related Disorders; Stress, Cardiovascular Disease and Cancer; and Occupational Stress. Unique in that it brings together, in one volume, the work of researchers and theorists who would not otherwise have the opportunity to collaborate, and designed primarily for use by professionals in health psychology, counselling and behavioural medicine, *Stress and Health* will also prove a valuable resource for academics and students.

*Selected Contents (Listed here are chapters by ISMA authors)*

Background and overview to stress and health; research and clinical applications, John G. Carlson  
The role of oscillations in self-regulation: Their contribution to homeostasis, Nicholas Giardino, Paul Lehrer, and Jonathan Feldman  
The Physiology of Stress, Richard Gevirtz  
Stress, senescence and longevity: How are they connected?, Paul Rosch  
Why might stress management methods be effective?, F.J. McGuigan  
Stress management: What can we learn from the meditative disciplines?, Johann Stoyva  
Stress management in health education, Joe McDonald Wallace  
Measuring Stress in the Workplace: The Job Stress Survey, Charles Spielberger, Eric Reheiser, John Reheiser, and Peter Vagg

Biobehavioural Perspectives on Health and Disease Prevention, Volume 1

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Cloth ISBN 90-5702-365-2

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## FUTURE MEETINGS

### **ELEVENTH INTERNATIONAL CONGRESS ON STRESS**

This congress will be held November 26 to December 1, 2000 at the Mauna Lani Bay Hotel of Hawaii.

See [Congress Flyer](#) for additional information.

To register contact The American Institute of Stress ([stress125@earthlink.net](mailto:stress125@earthlink.net)) or call (914) 965-6267.

### **ISMA INTERNATIONAL CONFERENCE-7**

This conference will be held at the University of Warwick, England, July 2001.

The title is TAKING THE STRESS OUT OF WORK.

More Information and a call for papers are forthcoming.

Additional details are available by contacting Laurie van Someren, ISMA International Board Chairman (<mailto:laurie@aleph1.co.uk>).

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## MEMBERSHIP DIRECTORY

Coming soon will be ISMA-USA's membership directory on line at ISMA's web site ([www.stress-management-isma.org](http://www.stress-management-isma.org)), and will be found specifically in the ISMA-USA Branch section. This directory will be an abbreviated one listing members alphabetically and geographically and email addresses with links. Members who wish to provide additional information such as Organization affiliation, Business name, Postal address, Phone, Fax number and Web site address are invited to do so. Any member who expressed the desire not to be listed will be honored.

Coming later, each member will receive a printed copy of our membership directory. Since this copy is provided to members only, it will have all the information members have provided on their 2000 membership renewal form.

Contact [Betty McGuigan](mailto:Betty.McGuigan@vta.edu) if any of your information has changed or if you have special requests for either the on-line directory or the printed one.

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Please submit a copy by email or computer disk, along with a hard copy.

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