



Issue No. 9

February 2017

Mind Over Matters

WCPC Monthly Newsletter

Building community and identity by encouraging members to share ideas and experiences, and offering support to one another in pursuit of present and future educational goals.

This month in Psychology History:

1845 — [Dorothea Dix](#) presented a 55-page memorial to the Pennsylvania state legislature. The document described Dix's 2-year survey of Pennsylvania's treatment of people with mental illness. She found them in jails, alms-houses, and cellars of public buildings. On April 14, 1845, Governor Shunk signed legislation creating the Pennsylvania State Lunatic Hospital, now [Harrisburg State Hospital](#), which was begun in 1849.

1859 — [The New York State Lunatic Asylum for Insane Convicts](#), the world's first mental hospital for criminal patients, separate from a prison or general hospital, was opened in Auburn, New York. Edward Hall was the hospital's first superintendent. The hospital moved to a new building in Matteawan in 1892, but these facilities were soon overcrowded and a second institution, Dannemora State Hospital, opened on November 15, 1900.

1963 — In the first special [presidential message on mental health](#), President Kennedy called on Congress to establish a national network of community mental health centers and a national program for prevention, service, and research in mental retardation. The Maternal and Child Health and Mental Retardation Amendment and the Community Mental Health Centers Act were passed later in the year.

1973 — After a [presentation by Charles Silverstein](#), the Nomenclature Committee of the American Psychiatric Association agreed to review the status of homosexuality as a psychiatric disorder. This was an important step in the eventual deletion of homosexuality as a pathological condition in the Diagnostic and Statistical Manual of Mental Disorders.

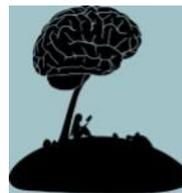
Upcoming events:

Feb. 7th 11am-12:30pm PT - Understanding and Overcoming Relationship Anxiety \$15 (CE's not included). Dr. Lisa Firestone will shed light on why we experience relationship anxiety. She will introduce the concept of attachment theory and explain how our early attachments styles can shape our feelings and actions in our adult relationships. The Webinar will reveal how, when armed with these introspective tools, individuals can create more secure attachments and enjoy closer, more fulfilling and more enjoyable, loving relationships. [Sign up here.](#)

Feb. 12th - 18th is Random Acts of Kindness Week

Feb. 21st 8:30-9:30pm ET - WCPC General Membership Meeting - Keep a lookout on our [Facebook](#) page for more information as it gets closer.

February 26th – March 4th is National Eating Disorders Awareness Week



Get ready for our 'Brain Week 2017!!!
Coming to you in MARCH!





Book Review: My Lobotomy

By: Annah Jensen

I love to read and I'll read just about anything; lately I've been hooked on memoirs and one that I recently read was [My Lobotomy: A Memoir by Howard Dully, Charles Fleming](#). I had it in my bag one afternoon after taking my midterm exam and while I was sitting at my favorite bar enjoying a Guinness decided to give my brain a break from math and become engrossed in another person's life. I sat there for the next few hours and finished that emotional roller coaster. This memoir had a profound affect on me and now I'm going to give you a little review of it. So get ready for a glimpse into the traumatic but uplifting life of one man.

Howard Dully was the first born of Rodney and June Dully of Oakland California in 1948. Life was happy, loving and normal until the death of his mother in 1954 and his father's remarriage the following year. To say that the young boy and new step-mother, Lou, didn't get along was an understatement! He was a young boy, full of energy, playing and roughhousing as any other child; she was a cold and demanding woman; his father became distant, wanting only to please his new wife. Howard's natural ebullience and physical strength were almost impossible for Lou to control.

Unable to take anymore of Howard's rebellious adolescence Lou took Howard to countless doctors to find a way to make his behavior more tolerable, until she found [Dr. Walter Jackson Freeman II](#). After only two, four hour meetings Dr. Freeman diagnosed Howard with childhood schizophrenia. Numerous other medical and psychiatric professionals who had seen Howard did not detect a psychiatric disorder, some even said the problem was Lou. Lou had found someone to take care of her 'little problem' and in 1960, at 12 years old, Howard was admitted by Lou (with approval from his father) for a trans-orbital lobotomy, performed by Dr. Freeman. During the procedure, a long, sharp instrument called an orbitoclast was inserted through each of Howard's eye sockets 7 cm (2.75 inches) into his brain. Howard was the youngest to receive a lobotomy from Dr. Freeman. The procedure didn't have the effect his Lou desired, it turned Howard into a robot, so his parents sent him away. He was institutionalized for decades; as a juvenile in [Agnews State Hospital](#), then to Rancho Linda School (a school for children with behavior problems) in San Jose, California, incarcerated, and after eventually being released became homeless and an alcoholic.



After becoming sober late in life he got married, a college degree in computer information systems and became a California state certified behind-the-wheel instructor for a school bus company. To look at him, you would never guess that he underwent such brutal surgery. There is no slowness of speech, no telltale squinting of the eyes, none of the lack of social inhibition that characterises most lobotomy survivors. He began questioning what had happened to him as a child; was he really crazy or was it the lobotomy that tainted his life? After four years of research he was granted access to Dr. Freeman's lobotomy archives. In them he found his file and the before and after photos Dr. Freeman took; something he did with all 147 lobotomy procedures he performed. He began traveling the country speaking with members of his family, relatives of other lobotomy patients, and relatives of Dr. Freeman. After his journey he related his story on a [National Public Radio broadcast in 2005](#), then co-authored this memoir.

This book is an amazing story of one man's life before and after a lobotomy, his survival and recovery. The lobotomy, although terrible, was not the greatest injury done to him. His greatest misfortune, as his own testimony makes clear, was being raised by parents who could not give him love. The lobotomy, he writes, made him feel like a Frankenstein monster. But that's not quite right. By the age of 12 he already felt that way. It's this that makes "My Lobotomy" one of the saddest stories you'll ever read.

"I'll never know what I lost in those 10 minutes with Dr. Freeman and his ice pick," Howard says in his radio documentary. "By some miracle, it didn't turn me into a zombie, or crush my spirit, or kill me."



Images:

1. Howard Dully during his transorbital lobotomy, Dec. 16, 1960. George Washington University Gelman Library
2. Howard Dully holding one of Dr. Walter Freeman's original ice picks, January 2004. Courtesy Sound Portraits, George Washington University Gelman Library

This month in Psychology Crossword Puzzle (on the next page):

Down:

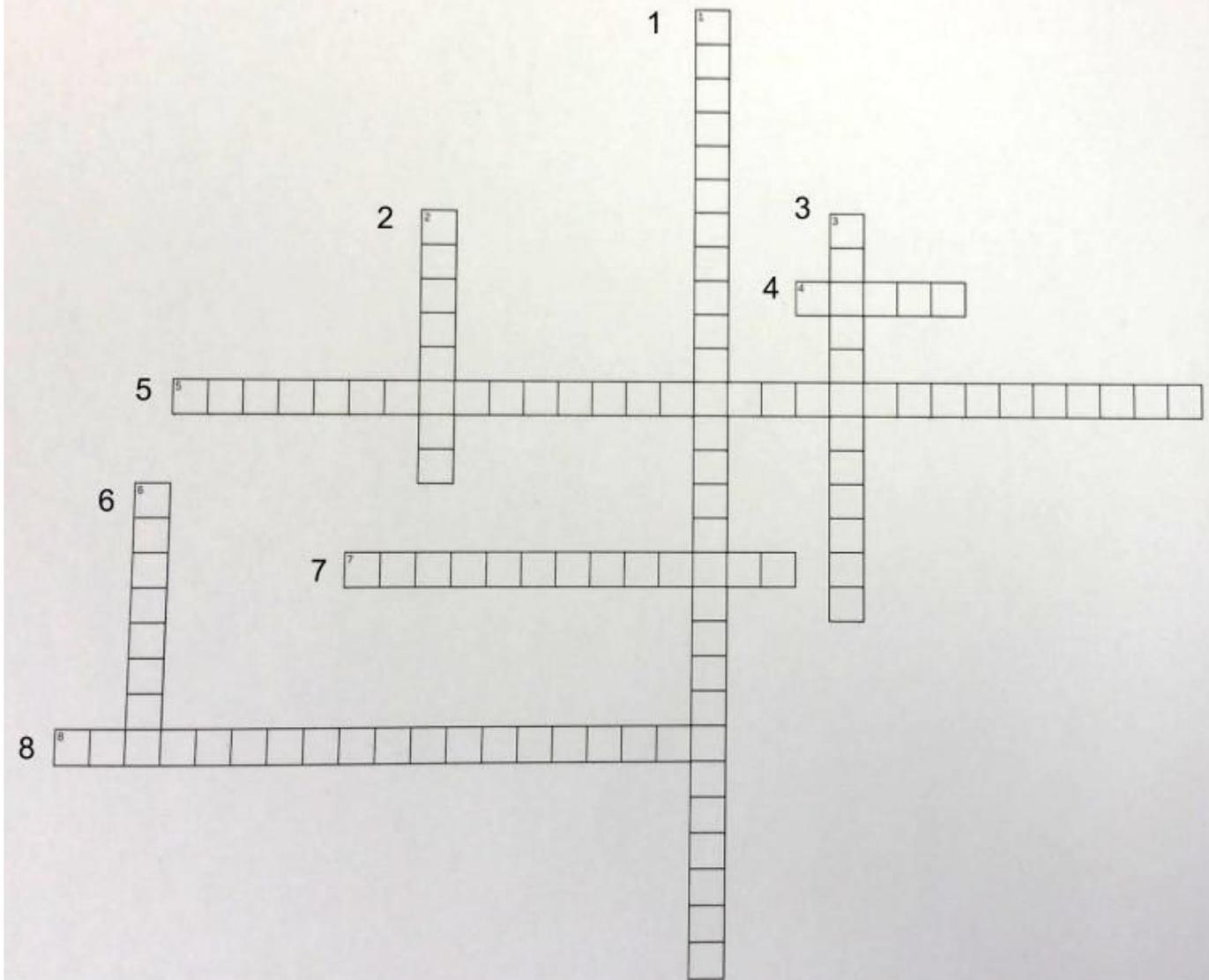
1. Held their first meeting in 1911 and was the first association of psychoanalysts in the US.
2. Antipsychotic drug approved for use by the US FDA in 1975.
3. Born in 1838, established the electrical excitability of the brain.
6. Appeared on the cover of Time Magazine in 1955.

Across:

4. An antipsychotic drug approved for use by the US FDA in 1969.
5. Approved by the US FDA in 1960, the original patent was applied for on May 15th, 1958.
7. Born in 1920 influential work in language and cognition, short-term memory, and literacy education has shaped the field of psycholinguistics and cognitive psychology.
8. Born in 1914, who's career was devoted to supervision of student research, general experimental psychology, and statistical applications of qualitative data.

The answer key will be in the next issue!

This month in Psychology



Thanks to all our contributing writers! See you all in March for our next issue!
