

**THE BAR-LEVAV
EDUCATIONAL
ASSOCIATION**

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**THE BAR-LEVAV EDUCATIONAL ASSOCIATION
ENDOWMENT FUND CAMPAIGN**

EXTENDING FREEDOM WITH RESPONSIBILITY

A PROPOSAL SUBMITTED TO

FOR SUPPORT OF

PUBLIC EDUCATIONAL ACTIVITIES

AND

**POST DOCTORAL & POST GRADUATE
PSYCHOTHERAPY RESEARCH & TRAINING**

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2. "Liberty in New Hands: The Media"
Thinking in the Shadow of Feelings. New York: Simon & Schuster, 1988. pp. 294-302.

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- A Present and Past Members of BLEA's Board of Trustees
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1. "Is America on the Way Down?"
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Time, 6 April 1992, pp. 20-21
3. "What Fathers Must Instill: Self-restraint"
Living Without Father. Unpublished. pp. 49-54
4. "Feelings vs. Thinking"
Thinking in the Shadow of Feelings. New York: Simon & Schuster, 1988. pp. 342-345.

1.0 INTRODUCTION

The Bar-Levav Educational Association (BLEA) is a non-profit educational and research association incorporated in Michigan in 1977 and governed by a public Board of Trustees. It is a qualified tax-exempt organization under IRS Rule 501(c)(3) and sponsors intensive individual and group psychotherapy training for post-graduate and post-doctoral psychiatrists, psychologists and social workers. BLEA also sponsors small, high-level, public education seminars devoted mainly to the effects of emotions and character on our value systems, public policy and child rearing practices.

BLEA's innovative approach to the treatment of depression and anxiety disorders was developed by a team of clinical BLEA researchers over a period of close to thirty years. This approach is based on an entirely new understanding of human nature and the therapeutic process, as described more fully under Sections 2.1, 2.2 and 2.5.

Although originally meant for clinical practice, the Unified Theory of General Human Motivation and Behavior turned out to also be a useful tool for explaining other problems produced by human irrationality. With time and quite unexpectedly, BLEA thus also developed into a think-tank, coming up with fresh ideas and possible solutions to many of our well known societal problems.

The chronic crisis in the United States and in the other developed countries of the West is the result of a serious erosion in the basic values of Western Civilization. They are not flaunted as much as they are ignored, while feelings have become the determinants of private acts and public policies. Besides being ignored, the old values are also widely misinterpreted, and they are even unknown to large segments of our populations. By now, many of those in major positions of leadership in government and in the media also follow the whims of the moment and fickle popular preferences as their guide in formulating policies and positions, thus multiplying the damage and the danger.

This lack of adherence to a coherent value system is thus at the root of our many problems in education, welfare, public policy, private finance, and even health. The absence of clearly defined minimum standards of behavior also breeds lawlessness in its many forms. An urgent need exists for implementing a step-by-step program aimed at reversing these dangerous trends. BLEA's current and future programs as outlined in Sections 2.1, 2.3, 2.4, 3.2 and 3.3 of this presentation are all focused in this direction.

BLEA's continuing research and teaching may eventually basically change the practice of psychiatry. And beyond that, they may

help preserve some of the West's most treasured achievements that have now come under attack.

The increasing diversification of BLEA's work has made it clear that it can no longer continue to sustain itself financially from internal sources. To put BLEA's work on a more firm footing, its board of trustees has decided to establish an Endowment Fund, and has launched a three million dollar campaign. Many volunteers have already begun to work on behalf of this project which we expect to bring to a successful completion within three years. The first few checks have already been deposited in a special Endowment Fund account, and a good many pledges have already been made.

The Kresge and Community Foundations in conjunction with the Van Dusen family have established a special Endowment Challenge Fund to encourage worthwhile tax-exempt organizations to plan for their long-term financial stability. We are in the process of applying for inclusion in this program. If approved, one dollar will be matched by the Van Dusen Endowment Challenge Fund for every three we raise, provided that we meet our goal within three years. All contributions at this time will thus multiply BLEA's ability to establish itself on a firm financial basis.

BLEA is a relatively small and little known organization. Unlike the Detroit Symphony Orchestra or the Detroit Institute of Arts our mission needs to be explained. But we also have one major advantage: BLEA's vision has the widest scope and our planned activities are likely to have far-reaching and profound benefits to society at large, affecting the lives of millions. BLEA's past and present activities already have done considerable good (see Sections 2.6 and 2.7), and we fully expect our future projects to have a significant impact. Such seemingly extravagant claims are being made thoughtfully. Closer examination and future developments may well prove them to be valid.

With your assistance and that of other far-sighted individuals, foundations and corporations it is expected that BLEA will succeed in establishing a firm foundation for its worthwhile and important work for the betterment of our communities and the welfare of mankind.

2.0 THE BAR-LEVAV EDUCATIONAL ASSOCIATION (BLEA)

2.1 Mission Statement

A completely new understanding of human nature has slowly emerged from the long-term research efforts of a team of clinical investigators headed by Reuven Bar-Levav, M.D. of Detroit, Michigan. As early as 1967 they noted that though generally popular, Freud's widespread theories simply did not fit their direct clinical observations. Disturbances and fixations in normal sexual development were not the organizing principle of the human character. Furthermore, increased understanding and insight did not actually cure depression or any of the other forms of emotional illness. People became somewhat wiser when the unconscious was made conscious, but this did not basically change pathological modes of being. Similarly, it soon became obvious that the many promised breakthroughs of biological approaches had not yielded new answers: psycho-active drugs lessen anxiety and hopelessness for a few hours or days, but the pain and suffering persist thereafter as before.

Systematic clinical observations over time eventually revealed that basic character organization is determined much earlier in everyone's life than previously believed. "A vague but powerful sense of impending doom in the face of the unknown that was us and everything about us is every person's first experience after birth, always completely out of consciousness... The sense of dread is the direct and unavoidable result of the newborn's suddenly being thrust into an altogether new environment. After many months of living in a relatively constant and finely regulated setting, it abruptly finds itself under radically new conditions, without any time for transition. It must suddenly adjust to a gaseous environment, totally different from the liquid one in which it existed before. Its physiology must suddenly function in a totally new way."

"Dread or irrational fear is therefore the earliest and often the most persistent companion of every living person." Above all, we all want to avoid re-experiencing the panic that had to be endured early in life. "Gaining power, real or imaginary, in order to undo the sense of vulnerability is the single, basic force at the root of all human behavior. The push away from fear or dread supersedes everything." The continuing efforts to avoid the subjective sense of dread by whatever means available have proved to be the organizing principle of character. The cortex, our unique and literally wonderful mammalian brain, only provides us with a chance to become rational, but by nature we are irrational beings propelled by feelings. Even as adults, humans generally wish to be cared for like children, often pushing against progressing until forced to accept the dictates of reality.

This new body of knowledge was eventually organized into a "Unified Theory of General Human Motivation and Behavior" and divided into 99 sections. It was eventually published as Chapter #8 of the book Thinking in the Shadow of Feelings, Simon and Schuster, 1988, PP. 318-349. The quotes above are from this chapter.

From the start, it was expected that the new understanding would have important practical applications in the treatment of anxiety disorders, depression and other forms of emotional stress. It is at the frontiers of our knowledge in the field, and it appears to be a major breakthrough in Psychiatry and Medicine. The possibility of achieving actual cures for these most common of all illnesses became likely for the first time. But soon it also became clear that the significance of this new theory by far exceeded even the promise of a cure for hundreds of millions of chronically suffering people. The theory also enables us to forecast and to predict developments in society, and it thus puts at our disposal an effective tool useful in our survival as part of Western civilization.

Without such a tool, civilizations of the past quickly disappeared from the stage of history, once they matured and were fully developed. But with this new knowledge we now have a chance to at least prolong the many blessings that liberty, affluence and science have made available to people in modern societies. Never before have so many lived so long, so well and with so much individual freedom and dignity as we do today. Though still grossly imperfect, our ethical yardsticks, standards of living and modes of economic and political organization are the best Man has ever devised. They deserve preserving.

2.2 History and Background

The Bar-Levav Educational Association (BLEA) was established in 1977 with the limited goal of providing post-doctoral and post-graduate clinical training in intensive psychotherapy for psychiatrists, psychologists and social workers interested in gaining competence in the therapeutic system based on the new theory, (See 2.1). Firmly based in the tradition of Medicine, this work is unique in attempting to actually cure depression. Psychiatry and psychotherapy in general focus instead on symptom removal and on returning patients to their modes of functioning before the onset of acute emotional crises.

BLEA's training program requires much more than academic learning alone. Aspiring psychotherapists also experience much dread in the first year of life, before cognition or memory exist, and in their bodies too are registered powerful traces of early, primitive, and irrational fear. Like all people, they too tend at first to push against progressing towards competence. A major effort must therefore be directed at eliminating the fear that

causes emotional and intellectual confusion and lack of clarity. Many long struggles with one's self, a painful and time-consuming process, must be won even as one becomes proficient in the techniques and art of this complex model of psychotherapy. No shortcuts have been found so far to mass produce competent clinicians. BLEA's task is continuous, and the size of incoming classes is limited mostly by the availability of graduates serving as faculty.

A critical need for many more competent therapists exists. Since the most important variable is the therapist as a person, BLEA so far has been able only to take small steps. Even so, our comparative contribution to the welfare of our communities is way out of proportion to our small size (see 2.6). Additional funding will enable us to try finding new ways to better meet this need.

In addition to the above, BLEA has conducted for the entire period of its existence an outreach program for mental health professionals. These regular two-hour weekly seminars have been inspected and evaluated by representatives of the Michigan State Medical Society, (MSMS). As a result of these audits, BLEA has been accredited since 1989 as a grantor of Category I credit for Continuing Medical Education (CME) to Michigan physicians, as required for their re-licensure. The total attendance in our Tuesday Conference Seminars in 1991 was 1,464.

2.3 The Emergence of BLEA as a Think-Tank

Quite unexpectedly, BLEA has also developed into a de facto think-tank with an interest in the broader, general welfare problems of our society. The importance and power of the ideas making up the Unified Theory have repeatedly thrust BLEA into discovering, defining and formulating practical applications in areas other than psychotherapy. Work has begun on elucidating a valid theory of business cycles and the repeated failures of our educational system. Since we now possess the basic building blocks, we are better able to construct a coherent plan for combating such problems as alcoholism and drug abuse. These same principles are also useful in discovering more effective ways to increase industrial productivity and the effectiveness of the political process.

Because we finally know specifically what humans want, what they strive and yearn for, what they will accept and what they will reject, we can avoid making very costly errors. For example, huge expenditures are being incurred on educational efforts to combat drug use. And yet, it can easily be demonstrated now that money spent this way will not produce any long-term results. Drug use is determined and controlled by the subcortical mind and

it is not subject to the dictates of the cortex. Billions of dollars and millions of lives will be saved by the application of corrected understanding in this one area alone. (Also see Section 2.4 #6)

2.4 Some Additional Areas of BLEA's Interest

The natural tendency of human beings is to seek comfort at any cost, even if it does not make sense. When affluence and peace enable us to do so, we humans tend to follow our feelings, not our thinking. Ample historical evidence proves that all mature societies have failed at that juncture, and soon disappeared. They did not pay enough heed to the basic trait of human nature that seeks the path of least resistance.

Our societies have seriously stumbled in so many areas in the last few decades that by now it is generally recognized that the U. S. and the West may indeed already be on their way down (note attachment #1). The underlying cause of the decline often is one and the same: living by what feels good, rather than by what makes rational sense. The latter is often difficult or painful to get to, and rejected on this basis alone. In line with the above observations, here are several other areas of interest that BLEA Scholars are expected to tackle:

1. Which basic values must be instilled in our young if our society is to survive?

Caveat Emptor, "the buyer beware," has been abandoned of late in favor of "the seller beware." As always, when the pendulum swings, it goes from one extreme to another. This change in attitude reflects a basic underlying change in our value system, from self-responsibility to the expectation that in many areas of living we need and deserve protection by law. Government thus assumes an over-protective stance towards the citizenry.

Similarly, in the name of the same concern for our young and out of a wish to protect and to be helpful to them, we promote children into higher grades, and even graduate high school students who fail in basic literacy and numeracy. We do all this with the rationalization that to do otherwise would actually damage people, or at the very least it would damage their self-esteem, which usually needs raising.

Although stimulated by an understandable and admirable desire to protect the weakest among us, the price of such changes in attitude needs to be examined, and its long-term results evaluated.

Can self-esteem be gained except by earning it through achievement? Do we maximize justice and excellence with these policies, or do we achieve the opposite?

PLEASE NOTE:

Like other controversies in the public domain so many of the questions in this Section 2.4 are rarely examined objectively because the examiners are typically affected, or even overcome, by feelings that distort their thinking. Such biases are avoidable, however, once a clear separation between the two is achieved.

The improved ability to separate feelings from thinking is a major benefit that will accrue to members of the BLEA Scholars Network (see Section 3.31), and to a lesser extent to participants in our Retreat-Seminar Program (see Section 3.32). This, in turn, should make it possible to examine even highly charged topics with a fair degree of objectivity.

2. What is at the root of our educational crisis and how can it be fixed?

On 19 international tests, U. S. students never ranked first or second and, in comparison with other developed nations, came in last seven times. By now the relationship between educational failure and economic decline is generally recognized. The report of a National Commission on Excellence in Education appointed by President Reagan in the early 80's was named A Nation at Risk.

Low self-esteem, poverty, family breakdowns, cultural disadvantages and mismatches, and racism have all been cited as possible causes, but the so-called experts obviously have found neither the cause nor a good solution.

How important is fathering, and the demands made upon the child in the home environment? Are there ways to improve these seemingly crucial aspects of child rearing?

3. What is the proper role for authority in a democracy? How much permissiveness is desirable, and when does it breed irresponsibility?

Disrespect and distrust of authority, and cynicism about the political process and public service, are by now widespread. These are easily explained by the well-documented lack of integrity in politics on all levels, by self-serving attitudes of

"public servants" and by chronic failure of politicians and policemen to act responsibly. But, they probably also reflect an irrational fear of power, suspicion of any legitimate authority, and a self-indulgent resistance to all unwelcome edicts, whatever their real value.

These attitudes mark another basic change in public and private expectations, very different from those of the early days of the Republic, and even from FDR's days. The presidency, at least, was held in the highest regard then by the vast majority of the population.

What happens to the fiber of societies in which such attitudes are common? If change is needed, how can it be brought about?

4. How far does it make sense to prolong the lives of damaged newborns, or the old?

The miracles of modern medicine have made it possible for us to sustain life that nature meant to end. We now have no choice therefore but to be burdened with the moral responsibility of deciding when life should be terminated. Not only the financial costs, but also the needless and hopeless suffering of others must be considered. We often inflict terrible pain in the name of humane concern.

Like many other troubling issues, so too this one is wrapped in powerful emotions. These have caused our society to not address these problems fully enough yet, or thoughtfully enough.

5. Why has "Politically Correct" thinking gained such a powerful foothold in American universities, and in the media? What changes are needed, and possible?

The intolerance of politically "incorrect" thinking comes from the laudable wish to help the powerless among us, those whose need is the greatest and whose ability to help themselves is the smallest. But good intentions can be dangerous if misdirected. In the absence of firm enough ego-boundaries, all people tend to over-identify. This then causes them to see others through the distorting lenses of their own feelings, which are much more powerful than objectivity, reason or thinking.

Although motivated by lofty ideals such as seeking the greatest good for the largest number of people, such "thinking" nonetheless requires that the search for facts be abandoned, and that in the hierarchy of values truth be placed lower than compassion.

Not many historical parallels exist, because survival in the past would literally not have been possible under such circumstances, except for short periods of time. But, to the extent that

history can teach us about the likelihood of future developments, what are the most probable long-term results of such an attitude? Does our knowledge of human nature confirm or deny the conclusions arrived at by historical analysis? How can widespread over-identification be recognized, and how can it be prevented from doing damage?

6. How to win, and how to lose, the war against drugs?

All the previous war plans against the use of soft and hard drugs have been based on the educational model which assumes that human beings are rational beings, and that they would surely do what is best for them, once they only understood what that is. This is where teaching and explaining come into the picture.

But the power that propels addiction is not subject to rational reasonings and arguments. The educational model addresses the intellect which is powerless in a confrontation with impulses that are pushed by the urgent wish to escape from irrational fear. The current campaign against drugs ignores the push of anxiety which can be overwhelming, the persistence and power of self-indulgence, and the fact that human beings often are self-destructive. They are capable of rationality, but they often behave irrationally.

The same concerns also apply to the attempt to control the spread of AIDS. The disease is epidemic in many African countries though its lethal nature is well known, and is now becoming more widespread among heterosexuals in the developed countries. Rational approaches and education are obviously not effective in themselves, and they cannot win these wars.

A basic reexamination of strategies and how to better spend society's resources is overdue. Are positive and/or negative incentives necessary? Are restrictive and punitive measures indicated and justified? If so, what, when, and under which circumstances?

7. How to save the Black American family?

Until three decades ago, Blacks used to emulate the White majority and had adopted their value systems. Tan was better than brown, and brown better than black. "Black is Beautiful" was a reaction to such inner slavery, a clear improvement, though it also produced social turmoil and the destruction of inner cities. But hatred of Whites has not brought with it much self-love for Blacks.

The tragedy of the disintegrating Black family is aggravated by the problem of absent Black fathers. Hard drugs, crime and poverty are not a White conspiracy against Blacks, as some claim. To a large extent they are an expected outcome of the

disorganization in many Black families, and of the scarcity of desirable Black models for the young. The Black middle class is still too busy in saving itself, and neither it nor the Black political leadership have found any solutions.

The situation was altogether different among African Blacks in the tribes from which the slaves were ensnared. Both the family structure and the hierarchial order had basically been successful in maintaining self-sufficiency and pride. These are the qualities most missing and most sorely needed among Black Americans today.

In declaring themselves African-Americans it might be useful and even necessary for Blacks to refer back to their original heritage and roots. This will require a major long-term shift in attitudes by the Black political structure and in expectations Blacks have from themselves and from others. Is this possible? Is it desirable? Are there better solutions? What changes in the tax laws would encourage these, or any other, good solutions?

8. How do we reconcile the First and the Fourteenth Amendment Rights?

Since the 60's, property rights as guaranteed in the 14th Amendment have often been guarded less jealously than the individual rights as spelt out in the First Amendment. Yet no political freedom can be sustained for long without economic independence and well-being, and these tend to decline fast when property is infringed upon in any way.

Do we regulate business and industry excessively? Is our system of taxation damaging from an economic point of view and illegal constitutionally? Is business merely crying wolf? Is there a real and present danger to the long term competitiveness of the U.S., as some claim, or are these merely arguments in the normal give and take of politics?

9. Is the media essentially self-serving in its use of the First Amendment? Is Democracy endangered by it? Can television be reformed without being legally coerced?

The powerful impact of television on character formation is increasingly being recognized (see Attachment #2, "Liberty in New Hands: The Media"). Not only regular programs and commercials but even the informal banter of broadcasters all function as powerful hidden persuaders that help shape the value systems of the young. This is especially true in disorganized families in which children must essentially find their own way. Even grownups are often unable to withstand the pressure of such constant bombardment, and they too are usually swept by the tide.

Because TV in the U.S. is mostly a commercial enterprise dependent on advertising revenues, its major, and often only, interest is in increasing ratings and profits. Programs are therefore generally produced for a level of sophistication that ensures the largest audience. The appeal is to the lowest common denominator. What is fun, simple, and feels good is desirable. The damage done is multiplied because with time this common denominator is constantly being pulled further down by the lowered level of expectations. European and other visitors to the U.S. are frequently amazed and shocked by the childish notions and appeal of the highly polished TV fare that they find here.

We regulate trade, commerce, the right to drive, and many other aspects of our lives, but television and the press remain free to find their own path and to determine their own goals. In the name of freedom of speech as guaranteed in the First Amendment, TV and the press successfully resist all attempts to regulate them.

What should our society do to combat this danger which may well pose a more immediate threat to liberty than any external enemy? How do we find reasonable and rational constraints without endangering basic freedoms? Who will regulate the regulators?

10. The roots of evil: how to recognize hidden expressions of xenophobia, nativism, anti-Semitism, racism, and other forms of destructive fascism?

By nature humans tend to delude themselves. When gripped by fear, we tend to discount early signs of danger with the hope that it will somehow just disappear. This explains why the British and the French did not arm themselves while fascism and Hitlerism were on the rise in Spain, Italy and Germany. Even the Jews of Germany generally did not realize until it was too late what terrible fate was awaiting them. On the other hand, a generation that lived through a genocide and the experience of the Holocaust understandably always dreads the possibility of recurrences, even at times and in places where there is no immediate danger. We urgently need, but do not yet have, a reliable, practical and applicable test to alert us early on to the hidden presence of social cancer.

Historians, philosophers, sociologists and politicians, as well as poets and other intuitive students of human behavior, have all studied the roots of evil and hatred for a long time, but they have usually come up short. Elie Wiesel has convened a series of scholarly meetings to address this problem, but we still lack an early warning system, or even a clear explanation of the roots of hate.

Human nature being one and the same everywhere, it is reasonable to assume that the systematic extermination of millions of people can recur. German history and the German character have combined to make the horrors of genocide and the Holocaust an actual reality in our own lifetime. Can such factors combine again under certain circumstances, and if so, which are they?

Do we act appropriately, or do we overreact, to the presence of skinheads? Should Neo-Nazis and others like them enjoy the freedoms of expression and assembly that they would surely deny to others? Who were the thugs who burned Los Angeles, killed 58 people and caused a billion dollars worth of property damage? How did the thousands of rioters organize, and what galvanized them into action? Was there a hidden organizing hand? What really prompted them to act? What, and who, was behind the systematic destruction of Korean businesses?

Summary Overview

The 10 areas of interest outlined here are merely a sampling of the many serious problems that face Western Societies at the end of the 20th Century. The more accurate understanding of human nature provided by the Unified Theory enables us now to better address these, and similar, issues that endanger our future. Mature civilizations in the past disappeared from the stage of history not only because they lacked the stamina and the will to survive, but also because they lacked the wisdom that might have saved them. Members of BLEA's Scholars Network (see Section 3.31) will devote much of their time and energies to studying these and related problems in light of the Unified Theory. Position papers and public policy recommendations that will eventually emerge from such efforts will receive wide distribution, as described in greater detail in Section 3.31.

It would be both presumptuous and unrealistic to assume that even the best efforts of a dedicated group of scholars armed with a correct understanding of human motivation and behavior is likely in itself to reverse the powerful destructive trends that engulf mature societies such as ours. But it is also unrealistic to assume that such efforts would be unproductive altogether, and that they would effect no change at all. Up to a point, knowledge is power. The irrational nature of human beings often causes them to overlook what they know to be damaging or destructive in favor of short-term pleasure and comfort, but hope remains alive because rationality is our potential, and it does not elude us at all times.

Please note Sections 2.51, 3.31 and 3.32. They specify some of the ways by which BLEA means to address these issues. Also see Section 3.4 for the Projected Impact.

2.5 The Scope of BLEA's Training Program

The course of training lasts three to four years of full time didactic and clinical work, or up to eight years of part time work. Fellows spend 7 - 8 hours per week in didactic courses, plus reading and preparation time, supervision and actual clinical hands-on responsibilities. We accept professionals from the fields of medicine, especially from psychiatry, and from psychology and social work.

All candidates are expected to have graduated from their respective professional schools, and also to have had at least two years of clinical experience. These stringent minimum requirements are dictated by the complexity of the task for which fellows are being trained. In addition, fellows are expected to have done some work to reduce their own unconscious, irrational fears. Training and clinical work would be seriously hampered otherwise.

Fifteen individuals have so far gone through our program, of whom nine, seven males and two females, have graduated. Twenty fellows are currently enrolled, six of whom are graduates of medical schools with completed residency training in medicine or psychiatry.

Since the inception of BLEA, each fellow has attended during each year of training approximately 225 hours of patient review, just under 100 hours of group supervision, and at least 48 hours of formal individual supervision. These figures are to be multiplied by a minimum of 3 for full-time fellows who spend no less than 3 years in the program, and by a factor of between 5 and 8 for part-time fellows.

2.51 BLEA's Scientific Journal

BLEA's weekly Tuesday Conference, held regularly since 1977, has been the setting in which our new theoretical and clinical understanding was at first seeded and then developed. This conference has met approximately 675 times since its inception 15 years ago, for two hours each time. Originally attended by 7 to 10 participants, it has grown to include between 30 and 50 participants each week, and it remains a centrally important feature of our training program.

In an attempt to bring this Tuesday Conference to the next generation of psychiatrists, psychologists and social workers, as well as to those who shape public opinion and policy, BLEA is about to launch its scientific-clinical journal. We will thus be able to bring the essence of discussions of some of the most important topics dealt with in our conference to those unable to attend in person.

To be published three times a year, The International Journal of Psychotherapy and Critical Thought will aim at encouraging wide participation by clinicians and others from across the country, and eventually also from overseas. It will therefore include only brief articles, many of which will come from written discussions presented in the Tuesday Conference. A specific clinical case will also be included in each issue, together with descriptions of several possible therapeutic interventions by clinicians with other approaches and orientations.

The journal will thus serve as an international open forum for what we hold to be a major breakthrough in the treatment of emotional illness. From time to time it will also examine public policy options in the light of our new understanding of the true nature of human beings. It will thus extend BLEA's clinical experience and teachings and the theoretical tenets of the Unified Theory.

Each issue of the Journal will be devoted to a single clinical-theoretical subject. The first issue, now in preparation, is devoted to the subject "Can Medicine Be Practiced Without Physically Touching the Patient: A New Look at Psychotherapy." It will include contributions presented at four Tuesday Conference sessions held in May and June 1992. Readers will be invited to submit their own comments on any one subject for publication in future issues.

Depending on our financial ability to do so, two successive sample issues of the Journal will be sent free of charge to as many practicing psychiatrists, psychologists and social workers as we can reach, and to others. But only those indicating an interest in receiving future copies by returning their letterhead or business card will continue to receive future issues of the Journal. Reconfirmation of interest will be required from recipients every five or six issues.

We plan to begin publishing the Journal in 1992 as an in-house organ with very limited distribution, and to increase its availability as we are financially able to do so.

2.6 BLEA's Mental Health Services to the Community

The faculty and fellows of BLEA provide mental health care to residents of Detroit, Dearborn, the Grosse Pointes, Ann Arbor, all of Detroit's northern suburbs and several other outlying communities. The scope of the combined contribution of BLEA to the mental health needs of Southwestern Michigan communities is reflected in the following statistics:

A total of 59,100 patient contacts have been made in 1991, and a total of 473 individuals have been helped in on-going individual and/or group psychotherapy sessions. A total of 52 psychotherapy groups (each lasting 90 minutes) are conducted by the faculty and fellows of BLEA in any one average week.

For comparison, 17 outpatient psychotherapy groups per week are conducted at The Menninger Foundation and Hospital in Topeka, Kansas, perhaps the leading and most prestigious psychiatric facility in the U. S. Eight such outpatient groups are conducted weekly by the Department of Psychiatry clinic of Sinai Hospital of Detroit.

2.7 BLEA's Clinical and Didactic Videotape Program

BLEA has built up over the years an extensive clinical and didactic videotape library believed to be the largest in the U. S. This library consists of 256 hours of videotaped group psychotherapy sessions from which 27 one-hour fully edited teaching tapes have been produced (for list please request Appendix B). In addition 125 25-30 minute clinical discussion teaching tapes and 47 50-55 minute teaching tapes have been produced (please request Appendix C).

The videotapes in our library are regularly being used in the training program by BLEA Fellows, by medical and social work students during their one-month psychiatric rotation, and in the teaching programs of The University of Michigan Medical School in Ann Arbor and in others (please request Appendix D). Some of these tapes have also been presented at various scientific meetings of BLEA in the U. S. and overseas (please request Appendix E), at Annual Scientific Meetings of the American Group Psychotherapy Association and at Scientific Meetings of the American Psychiatric Association.

2.8 Volunteer Faculty Involvement

Still adhering to the old traditions of Medicine, all of BLEA's clinical teaching is in the apprentice/teacher model, as our logo

also shows. The faculty of BLEA is not paid for any of the time spent in teaching, nor are fellows charged any tuition. Changes in this regard are now under active consideration by the Executive Committee.

As things stand now, graduates are expected, instead, to pay back in the same manner, by contributing their own time and efforts to upcoming professionals without remuneration during their training and after their graduation.

2.9 Financial History and Current Status

The work of BLEA is considered by the faculty, staff and supporters to be extremely important since it holds the promise of actual cures for depression, this most common of all illnesses. The entire cost of the program was therefore willingly borne until recently by the members of the voluntary faculty, by a group of 69 individual contributors, and from fees for clinical services provided by Fellows. A total of \$991,511 has been raised and spent from these sources since 1977.

We have no financial reserve of any kind, but we are also not in debt. At the moment, BLEA's bank account shows a balance of \$4,871.81.

3.0 THE ENDOWMENT FUND PROJECT

3.1 Rationale

Much important work was carried out in the last 15 years with very limited funds, and financing has been a constant concern. The lack of better funding has prevented us from recruiting more full-time physicians as Fellows, since they expect and must be paid a minimum stipend sufficient for a family's living expenses. Comparable post-residency remuneration in 1992 is between \$65,000-\$70,000, while BLEA's are only a third to a half of these amounts. Currently two of our full-time M.D. Fellows are paid \$26,000 each, and one \$36,000.

It is highly unlikely that we will succeed in recruiting top notch candidates at such levels of pay in spite of the unique advantages of our program. Our stipend scale must begin to approach the national average.

Fellows usually do not earn more than a small fraction of their expenses in the first year of training, and rarely do they cover their full cost before the middle of the third year.

The lack of funding has also kept us from branching out into new public education projects such as the ones outlined in Sections 3.31 and 3.32, and it has necessitated our going back from time to time to the small group of our contributors and to the voluntary faculty to make up any shortfall. This situation cannot and should not be allowed to continue.

The rationale for our Endowment Fund project is simple: to finally enable us to do what we are ready and eager to do, but prevented from doing because of a lack of sufficient funds. This \$3,000,000 + \$1,000,000 Endowment Fund project is the first phase of securing BLEA's future growth.

3.2 BLEA's Four Major Projects

The Endowment Fund interest income anticipated at approximately \$200,000 per year will be used towards partial funding of the first two of the following four major projects of BLEA:

1. The Fellowship program for qualified physicians (psychiatrists and others), for psychologists and for social workers to enable them to obtain additional full-time post-graduate training in BLEA's model.
2. The continuation of BLEA's regular but expanded think-tank Tuesday Conference by
 - A. Cultivating a larger participation of teachers, judges and the clergy from

the surrounding communities, as well as of leaders from the fields of education, law, government, business and industry, and

- B. The gradual widening of circulation of The International Journal of Psychotherapy and Critical Thought - BLEA's out-reach publication.
3. Scientific research and in-depth public education activities through BLEA's Scholars Network (see Section 3.31).
 4. The establishment of BLEA's Leadership Retreat Program in which small groups of opinion-makers in the media, business and government will have a time-limited but intense exposure to BLEA's more accurate understanding of human nature and motivation. The aim of such retreats is to begin changing attitudes of participants and the policies of the institutions with which they are affiliated.

Funding for items #3 and 4 is concurrently being sought from Foundations and other sources, both in and out of Michigan.

3.3 BLEA's Current and Future Public Education Activities and Costs

3.31 BLEA Scholars Network

A BLEA Scholars Network consisting of no more than 50 individuals has recently been established. All those invited to become part of this Network shall be original thinkers and leaders in their respective fields of interest. Names of prospective members are being assembled from the fields of Education, History, Economics, Law, Philosophy and Psychology, in addition to representatives from Business and Government. An Associate Scholars group is also in formation from among doctoral candidates in these same fields working in leading U. S. universities, and from among others.

The entire group of BLEA scholars and/or Associate Scholars will meet once or twice every year to sharpen the understanding of human nature and motivation, for the exchange of views, and for reviewing each other's ongoing work or research activities. It is expected that specific position papers and public policy recommendations will eventually emerge from these groups. Such recommendations will receive the widest distribution in Congress, the Executive Branch and the U. S. Supreme Court, as well as in the media.

3.32 BLEA's Retreat-Seminar Program

Top government and business leaders, influential members of Congress and the Judiciary, and leading public opinion makers both from the press and from television will be invited to 3-1/2 day retreat-seminars organized by BLEA from time to time, depending on its financial ability to do so. Each retreat will be devoted to a specific problem such as those under 2.7 of this presentation, and to examining one specific section of The Unified Theory (see 2.1). Most of the work will be done in small formal and informal group discussions, and in study groups. These will report back to plenary sessions at the end of each day.

It is expected that such retreat-seminars will eventually affect public policy and the media by shifting at least some of the emphasis away from the customary appeal to feelings. Even minor changes toward critical thinking will result in greater objectivity in assessing alternate courses of action. This cannot but have profound beneficial effects both on the quality and the quantity of life.

It is also expected that past participants of such retreats would remain receptive and sympathetic to the positions and recommendations made from time to time by BLEA's Scholars Network, and help to promote them.

3.4 Projected Impact

Sections 2.5, 2.6 and 2.7 give an indication of some of BLEA's far-reaching activities during its lifespan, all with very limited resources. With more solid financing we predict a substantive growth in mental health services provided by BLEA Faculty and Fellows to the surrounding communities. Beyond that, it is expected that graduates will establish satellite training centers in other parts of the state and elsewhere, thus multiplying the benefits. In the process of training, each fellow is also becoming competent as a teacher, and it is safe to assume that a geometric expansion of BLEA's mental health activities will occur.

BLEA's projected impact on our society at large is likely to be of even greater significance. 58 people lost their lives in Los Angeles in the last week of April, 1992, after the Rodney King jury found the defendants not guilty. This loss of life is a direct result of a gross lack of understanding by television networks of the dangerous effects caused by inflamed passions. The videotape showing Rodney King being beaten was endlessly aired on many local and national TV channels. Like sensational yellow journalism in general, these showings served no informational purpose but only to increase ratings. The repeated use of this material was a self-serving exploitation by TV of

voyeuristic and sadistic curiosity. The need by the media to recognize its responsibility for self-restraint is one area that has the highest priority for the BLEA Scholars Network and the BLEA Retreat-Seminar Program.

The verdict of "not guilty" which led to the destructive explosion of rage should have been foreseen. It was produced by stoking the fires of racial and ethnic hate, not only by the media but also in the Presidential campaign (see 2.4, #10). Two hundred of the 2,300 injured people required intensive care, hundreds were left homeless, and a billion dollars worth of property was burned and destroyed.

The veneer of civilization is very thin, which is exactly the reason why the media has a special responsibility to not fan pre-verbal rage (also see Section 2.4, #9).

The Rodney King affair also did a great deal of damage to the principle of the Rule of Law. Very few people realized that a jury, consisting of 12 men and women "tried and true", is likely to have arrived at its conclusion on the basis of evidence not known to the inflamed public. The outrage and the rioting were a vote of no confidence in the legal system itself, and the public condemnation of the verdict by the press and by the President before a retrial dealt this principle another blow. Feelings are shown again to be stronger than rationality. Overlooking this fact has destroyed many free societies in the past, and focusing on it will be a main concern of BLEA's public education programs.

Even if BLEA's programs have only a minuscule impact, lives would surely be saved and the general welfare of our society would surely be somewhat improved. But BLEA's aim is to have a much more significant impact by changing basic attitudes and policies in the media, government, business and industry through ongoing and close relationships with many of their leaders.

4.0 PROPOSAL SUMMARY

Ross Perot's presidential campaign has attracted millions and mobilized an army of several hundred thousand volunteers, eager to put his name on the ballot. Why? Because Perot's message echoed widely everywhere, even though it was carried by an on and off messenger. What was his message? That something is basically wrong with our country and, that unless we quickly take stock and basically alter our priorities, all we believe in, stand for and love are likely to decline, or worse. Many people are worried that we may be not only the first generation to enjoy the many blessings of this good life, but also the last. Some serious scholars and experts even predict that the United States and the West are already on the same road trodden by all other mature civilizations of the past, soon to disappear. We have all recently witnessed with our own eyes such an event in the sudden disappearance of the Soviet Union. The United States may quickly become like a Third World country, perhaps in our own lifetimes, unless we reverse the continuing debacle in our educational system, the mindless and endless pursuit of "fun", and the widespread neglect of the public interest. Self-reliance, self-discipline, and self-sufficiency must again become valued characteristics of the young and old if tragedy is to be averted.

Such a concern for the welfare of our society and the values of our Judeo-Christian tradition mobilized the Perot volunteers. In general, people do not find an appropriate and useful channel for such concerns. All that is usually available to most of us is a chance to grumble and to complain emptily and without effect, plus casting our vote of protest once in a great while. But here is a real way to participate, and to have at least some impact on the possible course of events. Besides enabling BLEA to pursue its activities, those who contribute financially will hopefully also wish to become involved in some of BLEA's public education activities. These are mainly directed at people who shape public policy and public opinion, and those with leading roles in the education of the young and the preservation of our values. To multiply the impact, BLEA will target those who are involved with, and who influence, others.

Prospective contributors have sometimes wondered whether it is possible for anyone, and especially for a small band of people such as BLEA, to do any good and to have any impact on a society where confusion is so generalized, and the dangers so immediate and so great. Can a small voice be heard in the tumult of thoughtlessness and in the midst of the common clamor by lobbyists and interest groups for "more"?

The prospects are indeed grim, but we are not alone in this effort. There are other small voices everywhere trying to reverse these destructive trends. But BLEA is unique among think-tanks and groups of concerned citizens in that it is in possession of a

well-fitted key that can unlock the gate through which we must pass, if we are to find a new way and change course. The Unified Theory of Human Motivation and Behavior is that key. It explains what really causes people to act or to refrain from acting, what they are really after, and what might be used to entice them to act more rationally. We may fail even with this key, but we should not fail to attempt to do what may be possible.

In addition, BLEA's new clinical approach to the treatment of emotional illness promises for the first time to relieve the suffering of millions who at present cannot but linger in medicated pain and hopelessness. BLEA is not able itself to provide sufficient therapists for these multitudes, but to the extent that our new understanding and clinical approach are more widely tested and used, a real way out of hopelessness and resignation will increasingly be available.

It is indeed rare for any human being to have the opportunity to become part of a cause bigger than oneself. Many political, social and charitable organizations have no choice but to hype themselves up to appear worthwhile in order to attract supporters. But here is a true chance to participate in something really important. In fact, both of BLEA's goals

- 1) to reverse the destructive trends in our societies, thus helping to preserve our Western civilization, and
- 2) to revolutionize the treatment of depression and anxiety disorders

are of such a magnitude that we sometimes question ourselves also. The task is immense, yet we have no choice but to do what can be done. BLEA finds itself in the unenviable position of possessing a body of knowledge that offers new understanding and new hope for preserving lives, and the values that are most precious to us all. No one else is doing it better, or as well. But we need help. Your contribution now will also help us meet the Van Dusen Endowment Fund Challenge, thus increasing its value.

We sincerely believe that by becoming involved with BLEA each contributor will be getting no less than he or she will be giving. The reward of giving is the satisfaction of seeing the good that results, but the bonus obtained from being involved in this work is participating in an act of creation: the repair and restoration of societies, lives, and values.

We will be glad to send prospective contributors a copy of the book Thinking in the Shadow of Feelings (Simon and Schuster, 1988) that contains the Unified Theory of Human Motivation and Behavior, and any additional cost figures and other information needed. Let us get acquainted. The ideas and the work speak for themselves. Please join us. We need your help.