

INTRO UP AND UNDER


Hi, everybody. How often have you heard someone say, "I have a headache"? For that matter, how often have you said it? And what about that condition we call stress. We live with it, every single day, most of us. One result is that stress contributes to headaches and even to heart conditions. We'll be talking about that today with Dr.

Richard Friedman, associate professor in the Department of Psychology and ~~Behavioral Sciences~~ at the State University of New York at Stony Brook. Later in the program, we'll talk

with Susan Dermitt, a third year doctoral student in ~~psychology~~ who works ~~with patients in Stony Brook's headache~~

~~Psychiatry.~~ Dr. Friedman, it might be helpful if we start off by tackling that old chestnut we lay people often use, and that is to say of someone who complains of illness, "Oh, it's all in your head." In fact, that's just another way of saying that psychological stress can, indeed, be related to physical illness. Is that correct?

INTERVIEW FRIEDMAN AND DERMIT:

-- Psychosomatic illness: Is it both a psychological illness  and a physical illness?

-- Mind over matter: Can physical illness be willed?
Can wellness be willed?

-- How radically extreme can a human be in reacting to psychological stress?

-- What do psychologists mean when they talk about stress?

-- How does stress relate to the disease process?

-- What can one do about stress/illness conditions?

-- Briefly, what service/research is under way at SUSB?

14:00

It's time for a brief break on Conversations Unlimited. We'll pause for a moment. When we return, I'll be talking with ~~Richard~~ ^{Richard} Friedman and Susan Dermitt about the stress management programs being carried out at Stony Brook. I hope you'll stay with us.

BRIDGE MUSIC UP AND UNDER

Hi. I'm Al Dickle. I'm talking with Dr. Richard Friedman and Susan Dermitt at the State University of New York at Stony Brook. The subject is stress, and how that condition can slow a person down, even become debilitating. Dr. Friedman, we've already suggested that psychologists, the medical community, and researchers are never idle in trying to learn more about psychological stress and how it can be dealt with. What's going on at Stony Brook to help beat back this common threat to human health?

INTERVIEW FRIEDMAN AND DERMITT

-- Headache clinic: who, what, where, when, etc.

-- It's role in research

service

education

sample o/walks

-- Behavioral cardiology

-- Working with people who have had heart attacks

-- Methods recommended and implemeted

-- Success rate

-- What makes a successful patient? A failure?

-- Are most employers recognizing need for their

participation in help for employees?

-- Advice to any listener who may need help?

-- Stay away from drugs?

-- Seek professional help? Own MD first?

27:00

I'm going to thank Richard Friedman and Susan Dermitt for being with me today, and I'll ask our listeners to stay with me just another minute or two. This is my last scheduled broadcast in this series. I have done about 300 programs since arriving at the State University at Stony Brook more than six years ago. The first ones were in the series called "SUNY Side Up." That was aimed at the Stony Brook community. Then came "Here at Stony Brook," which brought more of our research faculty to the attention of the outside community. The past two or three years, the program has been called "Conversations Unlimited," and we have been syndicating the program to a half-dozen commercial stations around New York State. Needless to say, I've enjoyed meeting so many fascinating people. I won't try to name any of them, for surely I would miss someone. And I am grateful for the assistance of a number of professionals and very professional-like students, here at WUSB, the host station. To all, a heartfelt "Thank you."

I was in broadcasting in Massachusetts before coming to Long Island, and I'm headed back to Massachusetts. If you're ever in the Cape Cod area, tune in your radio. You just might hear me saying: "This is Al Dickle. So long, everybody."

29:00

OUTRO