

CURRICULUM VITAE

MAXIE C. MAULTSBY, JR., M. D.

Professor, Psychiatry

College of Medicine

Howard University Hospital

2041 Georgia Avenue, N. W.

Washington, D. C. 20060

(202) 865-6615

Certifications and Licenses

Certification:

*American Board of Psychiatry, 1973,
Certificate #12782*

*National Board of Medical Examiners,
1958, Certificate #36510*

Medical License:

Washington, D. C., #17998

Virginia, #0101051948

South Carolina, #13233

Areas of Professional Focus

- 1. Rational Cognitive-Behavioral Psychotherapy and Counseling.*
- 2. Relapse Prevention Treatment for Alcoholism, and Other Addictions.*
- 3. Research-Based Concepts and Techniques of Rational Emotional Self-Help*

Special Professional Achievements

- 1. Creator of the technique of cognitive-behavior psychotherapy and counseling called Rational Behavior Therapy (see #11 under books published).*
- 2. Creator of the emotional self-help method called Rational Self-Counseling (see #2, 3, 4, 5, 6, 7, 8, 9, and 10 under books published).*
- 3. Creator of the New Self-Help Alcoholic Relapse Prevention Treatment Method (see #8 and #9 under books published and #1, 2, 3, 4, and 5 under Bibliotherapy Series and Related Material).*

Maxie C. Maultsby, Jr., M. D.
Curriculum Vitae
Page Two

Professional Experience

July 1995 - Present

*Professor
Department of Psychiatry
Howard University College of Medicine
Washington, D. C.*

June 1989 - July 1995

*Chairman and Professor
Department of Psychiatry
Howard University College of Medicine
Washington, D. C.*

April 1988 - June 1989

*Medical Director, Southern Nevada
Adult Mental Health Services
Las Vegas, Nevada*

March 1987 - April 1988

*Director
Bryan Psychiatric Hospital
Columbia, South Carolina*

*July 1971 - February 1987
1974 - 1987*

*Full-time Psychiatric Faculty
Tenured status
College of Medicine
University of Kentucky
Lexington, Kentucky*

1980 - 1981

*Acting Chairman
Department of Psychiatry*

1979 - 1987

Professor of Psychiatry

1973 - 1987

*Founder and Director, Training and
Treatment Center for Rational Behavior
Therapy and Emotional Self-Help,
College of Medicine, University of
Kentucky*

Professional Experience (continued)

- 1974 - 1979 *Associate Professor of
Psychiatry and Director, Adult
Psychiatric Outpatient Department*
- 1971 - 1974 *Assistant Professor of Psychiatry
and Director of Adult Psychiatric
Outpatient Department*
- 1970 - 1971 *Assistant Professor of Medicine
Department of Medicine
University of Wisconsin, Madison*
- 1962 - 1966 *Medical Officer, USAF*
- 1958 - 1962 *General Practice of medicine
Cocoa, Florida*

Special Appointments and Recognitions

- 1968 *Permanent Member, Counseling Practicum
Faculty of the Institute for Rational
Living
New York, New York*
- 1969 *Visiting Consultant on Rational
Behavioral Counseling
Student Counseling Service Center
University of Virginia
Charlottesville, Virginia*
- 1970 *Visiting Professor
Department of Counseling
Western Michigan University
Kalamazoo, Michigan*

Special Appointments and Recognitions (continued)

- 1971 *Consultant and Director of Training
Milwaukee Mental Health Association
Model Cities Program (designed to train
socio-economically deprived people to
become mental health workers)*
- 1972 *Consultant on Minority Student
Counseling Problems Project 75
Chicago, Illinois*
- 1977 *Elected Fellow of the American
Psychiatric Association*
- 1978 *Examiner, Part II, American Board of
Psychiatry and Neurology*
- 1978 *Visiting Professor of Psychiatry
Meharry Medical College
Nashville, Tennessee*
- 1982 *Elected President of the International
Academy of Professional Counseling and
Psychotherapy*
- 1985 *Visiting Consultant
Department of Psychiatry
Provident Hospital
Baltimore, Maryland*
- 1985 *Visiting Professor
Virginia Polytechnical Institute
Department of Counseling
Blacksburg, Virginia*

Maxie C. Maulsby, Jr., M. D.
Curriculum Vitae
Page five

Special Appointments and Recognitions (continued)

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| 1985 | Visiting Professor
Cleveland State College
Cleveland, Ohio |
| 1985 | Consultant
Washington Public School Counselors
Washington, D. C. |
| 1985 | Invited Guest Speaker
Fifth International Commission for the
Prevention of Alcoholism and Drug
Dependency World Congress
Rio de Janeiro, Brazil |
| 1985 | Invited Guest Speaker
Third International Psychiatric Congress
Indonesia |
| 1994 | Included in the First Edition of African-
American Medical Pioneer. by Epps,, C.H.;
Johnson, D.G., Vaughan, A., Bockville, M.D.,
Betz Publishing Co. |

Organizational Memberships

- 1.. *Black Psychiatrists of America*
2. *International Academy of Professional and Counseling and Psychotherapy*

Educational Background

Specialty Training:

*Psychiatry Residency, University of
Wisconsin Hospitals, Madison, 1966-68
Child Psychiatry Residency, University
of Wisconsin Hospitals, Madison, 1968-70*

Maxie C. Maulsby, Jr., M. D.
Curriculum Vitae
Page six

Special Professional Training:

*Intensive Training in Behavior Therapy
with Joseph Wolpe, M. D.
Eastern Psychiatric Institute
Philadelphia, Pennsylvania, 1968*

*Intensive Training in Autogenic
Therapy with Wolfgang Luth, M. D.
Montreal, Canada, 1970*

*Intensive Training in Sex Therapy with
William Hartman, Ph. D. and Marilyn
Fithian, Center for Marital and Sexual
Studies
Long Beach, California, 1975*

Internship:

*Philadelphia General Hospital
Philadelphia, Pennsylvania, 1957-1958*

Medical School:

*Case-Western Reserve University
Cleveland, Ohio, 1953-1957; M. D.*

College:

*Talladega College
Talladega, Alabama, 1949-1953; B.A.*

High School:

*Jones High School
Orlando, Florida, graduated, 1949*

Personal Data

Birthplace:

Pensacola, Florida

Citizenship:

U. S. citizen

Marital Status:

Divorced

Children:

*One girl, DOB -7/6/71; Two boys,
DOB's 5/31/70 and 8/11/62*

Maxie C. Maulsby, Jr., M. D.
Curriculum Vitae
Page seven

Personal Data (continued)

Address and Telephone:

P.O. Box
Alexandria, Va. 22304
(202) 865-6615

Past Research and Training Grants, Principal Investigator

<u>Title</u>	<u>Source</u>	<u>Grant</u>
<i>Correlation of Athlete's Estimates of Pre- and Post-Performance Tension with Urinary Catecholamine Excretion and Athletes' Performance (1969)</i>	<i>University of Wisconsin Medical School Research Foundation and The Institute for Rational Living, New York</i>	<i>\$10,000</i>
<i>Demonstrating the Effects of Rational Self-Help Groups (1970)</i>	<i>Institute for Rational Living New York</i>	<i>\$ 7,500</i>
<i>Self-Help Alcoholic Research Project SHARP: (1972-1976)</i>	<i>National Institute on Alcohol Abuse and Alcoholism (Department of Health, Education, and Welfare)</i>	<i>\$406,779</i>
<i>Semi-Automated Self-Directed Psychotherapy for Blacks (1972)</i>	<i>Social Sciences Research Corporation</i>	<i>\$10,000</i>
<i>Evaluation of Ludiomil Protocol</i>	<i>Ciba Geigy Corporation</i>	<i>\$16,000</i>
<i>Training Manual for Rational Behavior Therapy, Kentucky State Correctional System (1975)</i>	<i>Commonwealth of Kentucky Department of Health</i>	<i>\$ 4,998</i>
<i>Training Health Professionals in Self-Help Techniques in the Treatment of Alcoholics (1976)</i>	<i>U. S. Department of Health, Education, and Welfare-Health Manpower Branch, Region IV</i>	<i>\$ 18,213</i>

Maxie C. Maulsby, Jr., M. D.
Curriculum Vitae
Page eight

Past Research and Training Grants, Principal Investigator (continued)

<i>Training Health Professionals in S.A.F.E. Sex Therapy for the Office Practice (1976)</i>	<i>U. S. Department of Health, Education, and Welfare-Health Manpower Branch, Region IV</i>	<i>\$ 9,651</i>
<i>Older Life Drug Experience (OLDER: 1977)</i>	<i>National Institute on Drug Abuse</i>	<i>\$391,949</i>
<i>Training Health Professionals in S.A.F.E. Sex Therapy for the Office Practice (1977)</i>	<i>U. S. Department of Health, Education, and Welfare-Health Manpower Branch, Region IV</i>	<i>\$ 9,150</i>
<i>Evaluation of Anafranil Protocol 49 (1980-1981)</i>	<i>Ciba Geigy Corporation</i>	<i>\$33,848</i>
<i>Evaluation of Anafranil Protocol 52 (1980-1981)</i>	<i>Ciba Geigy Corporation</i>	<i>\$ 3,442</i>
<i>Evaluation of Ritalin Protocol 35 (1980-1981)</i>	<i>Ciba Geigy Corporation</i>	<i>\$36,330</i>

Current Major Professional Interests

- 1. Research on Rational Self-Counseling With and Without Professional Psychotherapy or Counseling*
- 2. Research on relapse prevention treatment techniques for alcoholics and other substance abusing children and adults.*
- 3. Rational self-counseling for enhancing the rehabilitative process of chronic and acute medical patients*

Current Minor Professional Interests

1. *Effective, low-cost ways of making the classroom an emotional health improvement center.*

Books

1. Maulsby, M.C. *Rational Encounter. A Research Project Publication, 1971, (out of print).*
2. Maulsby, M.C. *Handbook of Rational Self-Counseling. Lexington, Kentucky: Association for Rational Thinking, 1971. (Out of print)*
3. Maulsby, M.C. and Hendricks, A. *You and You Emotions. Lexington, Kentucky: Rational Self-Help Aids, Inc., 1974. (Later translated into German, Dutch and Finnish languages)*
4. Maulsby, M.C. *More Personal Happiness Through Rational Self-Counseling. Lexington, Kentucky: Rational Behavior Therapy Center, 1974. (Out of print)*
5. Goodman, D.S. and Maulsby, M.C. *Emotional Well-Being Through Rational Behavior Training. Springfield, Illinois: Charles C. Thomas, Publishers. Revised Third Edition, 1977. (Out of print)*
6. Maulsby, M.C. *Help Yourself to Happiness Through Rational Self-Counseling. New York: Institute for Rational Living, 1976. (Later translated into Swedish and Polish languages)*
7. Maulsby, M.C. *Guia Ilustrada del Medico Para el Autotratamiento Emocional (Spanish version of You and Your Emotions, translated by Gabriela Munoz, M.A. and Rosnilda O. Maulsby) Lexington, Kentucky: Rational Self-Help Aids, Inc., 1977.*
8. Maulsby, M.C. *A Million Dollars for Your Hangover: The Illustrated Guide for the New Self-Help Alcoholic Treatment Method. Lexington, Kentucky: Rational Self-Help Books, 1979. (Out of Print)*
9. Brandsma, J.M., Maulsby, M.C. and Welsh, R.J. *Outpatient Treatment of Alcoholism. Baltimore, University Park Press, 1980.*
10. Maulsby, M.C. *Your Guide to Emotional Well-Being (revised edition of The Handbook of Rational Self-Counseling). Lexington, Kentucky: Rational Self-Help Aids, Inc., 1980.*

Maxie C. Maultsby, Jr., M. D.
Curriculum Vitae
Page ten

Books (continued)

11. Maultsby, M.C. Rational Behavior Therapy. Englewood Cliffs, New Jersey: Prentice-Hall, Inc., 1984. (Later translated into Polish language)
12. Maultsby, M.C. Coping Better...Anytime. Anywhere. New York: Simon and Shuster, 1986.
13. Maultsby, M.C. Parempia tunteita-rationaalisen itse-erittelyn opas. (Instant Better Feelings Without Drugs, translated by Juhani Laakso and Raija Manninen). Turku, Finland: Varhaiskuntou-tuksen Tukisaatio, 1992.

Bibliotherapy Series and Related Materials

1. Maultsby, M.C. Freedom From Alcohol and Tranquilizers. Booklet 1: "Your Emotional ABC's." Lexington, Kentucky: Rational Self-Help Books, 1979.
2. Maultsby, M.C. Freedom from Alcohol and Tranquilizers. Booklet 2: "Improving Your Emotional ABC's Rationally." Lexington, Kentucky: Rational Self-Help Books, 1979.
3. Maultsby, M.C. Freedom from Alcohol and Tranquilizers. Booklet 3: "The ABC's of Rational Self-Analysis." Lexington, Kentucky: Rational Self-Help Books, 1979.
4. Maultsby, M.C. Freedom From Alcohol and Tranquilizers. Booklet 4: "The Rational Use of the Brain." Lexington, Kentucky: Rational Self-Help Books, 1979.
5. Maultsby, M.C. Freedom from Alcohol and Tranquilizers. Booklet 5: "Wanting vs. Craving." Lexington, Kentucky: Rational Self-Help Books, 1979.
6. Maultsby, M.C. "The Professional's Guide to Rational Bibliotherapy." Lexington, Kentucky: Rational Behavior Training Center, 1981.

Papers Published

1. Bada., D.W., Driscoll, T.E., and Maultsby, M.C. "The Role of the Symptom in Psychosomatic Disease." American Journal of Psychiatry 113:12 (1957): 1081-1088.
2. Maultsby, M.C. "Against Technical Eclecticism." Psychological Reports 22 (1968): 926-928.
3. Maultsby, M.C. "Seven Reflections on Scientism and Psychotherapy." Psychological Reports 22 (1968): 1311-1312.
4. Maultsby, M.C. "The Pamphlet as a Psychotherapeutic Aid." Rational Living 3:2 (1969): 31-35.
5. Maultsby, M.C. "Routine Tape Recorder Use in RET." Rational Living 5:1 (1970): 8-23.
6. Maultsby, M.C. "Systematic Written Homework in Psychotherapy." Psychotherapy: Theory, Research and Practice 8:3 (1971): 195-198.
7. Maultsby, M.C. "Written Homework for the Patient with an Emotional Crisis." American Family Physician 4:6 (1971); 69-75.
8. Maultsby, M.C. and Slack, W.V. "A Computer Based Psychiatry History System." Archives of General Psychiatry 8:3 (1971): 570-572.
9. Maultsby, M.C. "Rational Emotive Imagery." Rational Living 6:1 (1971): 24-26.
10. Maultsby, M.C. and Graham, J.M. "Patient's Response to the Use of Tape Recorders in Psychotherapy -- A Clinical Case Study of 56 Patients." Journal of the National Medical Association 64:4 (1972): 375.
11. Maultsby, M.C. "Decreasing Prescription Suicides: A Behavioral Approach to Irrational Fears and Insomnia." Journal of the American Medical Women's Association 27:8 (1972).
12. Maultsby, M.C. and Steifel, L. "A Theory of Rational Behavior Group Process." Rational Living 7:1 (1972): 28-34.

Papers Published (continued)

13. Maultsby, M.C. "The Neurotic Fear of Being a Phony." Corrective Psychiatry and Journal of Social Therapy 18:4 (1972): 1-5.
14. Maultsby, M.C. and Graham, D.T. "Controlled Study of Effects of Psychotherapy on Self-Reported Maladaptive Traits, Anxiety Scores, and Psychosomatic Disease Attitudes." Journal of Psychiatric Research 10 (1974): 121-132.
15. Maultsby, M.C. "The Classroom as an Emotional Health Center." Social Learning 31:5 (1974): 8-11.
16. Maultsby, M.C., Knipping, P.J. and Carpenter, L.L. "Teaching Self-Help in the Classroom with Rational Self-Counseling." The Journal of School Health 44:8 (1974): 445-448.
17. Maultsby, M.C. "Rational Behavior Therapy for Acting-Out Adolescents." Social Casework 56 (1975): 15-41.
18. Maultsby, M.C. and Gram, J.M. "Dream Changes Following Successful Rational Behavior Therapy." Rational Living 9:2 (1974): 30-33.
19. Brandsma, J.M, Maultsby, M.C., Welsh, R., and Hellen, S. "The Court-Probated Alcoholic and Outpatient Treatment Attrition." British Journal of Addiction (1975).
20. Maultsby, M.C., Winkler, P.J., and Norton, J.C. "Semi-Automated Psychotherapy with Preventive Features." Journal of the Internal Academy of Preventive Medicine (1976): 27-37.
21. Maultsby, M.C. "Patients' Opinions of the Therapeutic Relationship in Rational Behavior Psychotherapy." Psychological Reports 37 (1975): 795-798.
22. Maultsby, M.C. "The Evolution of RBT (Rational Behavior Therapy)." Proceedings of the Annual Conference of Rational Emotive and Behavioral Therapists. Chicago, Illinois (1977): 88-94.
23. Knipping, P.J., Maultsby, M.C. and Thompson, P. "The Technology for Using the Classroom as an Emotional Health Center." The Journal of School Health (1976): 278-281.

Papers Published (continued)

24. Maultsby, M.C., Costell, R.T., and Carpenter, L.L. "Classroom Emotional Education and Optimum Health." Journal of the International Academy of Preventive Medicine (1976): 24-31.
25. Maultsby, M.C. "Parentism: A Behavioral Analysis and Rational Solution." Voices -- Journal of the American Academy of Psychotherapists 12:4 (Winter, 1976-1977).
26. Maultsby, M.C. "Introduction and Summary of Rational Behavior Therapy -- The Art and the Science." University of Northern Colorado Press, 1976.
27. Maultsby, M.C. "Combining Music Therapy and Rational Behavior Therapy." Journal of Music Therapy 14:2 (1977): 89-97.
28. Maultsby, M.C. and Knipping, P.J. "Rational Self-Counseling: Primary Prevention for Alcohol Abuse." Alcohol Health and Research World 2:1 (1977): 31-35.
29. Maultsby, M.C. "Helping Prisoners Help Themselves Rationally." Proceedings of the Twelfth Interagency Workshop, 1977 Sam Houston State University, Huntsville, Texas, 1978.
30. Maultsby, M.C. and Carpenter, L.L. "Emotional Self-Defense for the Elderly." Journal of Psychedelic Drugs 10:2 (April-June, 1978): 157-160.
31. Gore, T.A. and Maultsby, M.C. "The Rational Alcoholic Relapse-Prevention Treatment Method: A New Self-Help Alcoholism Treatment Method." Alcoholism Treatment Quarterly Vol. 2, Nos. 3/4 Fall 1985/Winter (1985/1986): 243.
32. Maultsby, M.C. "Teaching Rational Self-Counseling to Middle Graders." The School Counselor (January 1986): 207-219.
33. Maultsby, M.C. "Behavioral Prescriptions for Stress Disorders." Medical Times (April 1986): 117-122.
34. Maultsby, M.C. "A Needed Change in Traditional Marriage Counseling." Alabama A.C.D. Journal Vol. 14, No. 2 (Spring 1988): 5-12.

Papers Read

1. "Computers in Psychiatry." M.C. Maultsby. *Psychiatric Grand Rounds, University of Wisconsin Hospitals, May, 1968.*
2. "The Implications of Successful Rational Emotive Psychotherapy for Psychosomatic Disease Management." M.C. Maultsby and D.T. Graham. *Interns and Residents Research Section of the Wisconsin State Medical Society Meeting, Milwaukee, Wisconsin, May, 1969.*
3. "The Results of Paying Patients to Participate in Rational Emotive Psychotherapy." M.C. Maultsby, D.T. Graham, and J.J. Chosy. *Interns and Residents Section of the Wisconsin Medical Society Meeting, Milwaukee, Wisconsin, May, 1970.*
4. "The Use of Non-Professionals in Mental Health Programs." M.C. Maultsby. *Annual Meeting of the Milwaukee County Mental Health Association, Milwaukee, Wisconsin, June, 1970.*
5. "Improving Physicians' Counseling Techniques." M.C. Maultsby, *Medical Grand Rounds, University of Wisconsin Hospitals, July, 1970.*
6. "Patients' Opinions of the Therapeutic Value of the Use of Tape Recorders in Rational Behavioral Psychotherapy." M.C. Maultsby and J.M. Gram, *National Medical Association, Inc., August, 1971.*
7. "Long-Term Follow-Up of Patients Treated with Systematic Written Homework in Psychotherapy." M.C. Maultsby and J.M. Gram. *Association for Advancement of Behavior Therapy, September, 1971.*
8. "Directed Rational Self-Counseling (A New Approach to Mass Mental Health)." M.C. Maultsby and P.J. Winkler. *Annual Meeting of the American Nurses Association, Chicago, Illinois, 1973.*
9. "Classroom Approach to Improved Mental Health." M.C. Maultsby, P.J. Knipping, and L.L. Carpenter. *47th Annual Convention of American School Health Association, Chicago, Illinois, 1973.*
10. "Classroom Training in Rational Self-Counseling as One Approach to World Survival." M.C. Maultsby, R.T. Costello, and L.L. Carpenter. *The World Future Society Meeting, Washington, D. C., 1975.*

Papers read (continued)

11. "Human Conflict, Classrooms and World Survival." M.C. Maulsby. *The Annual Meeting of the Pennsylvania Personnel and Guidance Association, Philadelphia, Pennsylvania, 1975.*
12. "Combining Music Therapy and Rational Behavior Therapy." M.C. Maulsby. *National Convention of Music Therapists, 1976.*
13. "Emotional Self-Defense for the Elderly." M.C. Maulsby. *National Drug Abuse Conference, San Francisco, California, 1977.*
14. "Suicide." M.C. Maulsby. *Ninth Annual National Institute on Training in Crisis Intervention. Emotional First Aid: Techniques of Crisis Intervention, Louisville, Kentucky, May, 1978.*
15. "Basic Concepts in Rational Behavior Therapy and Behavior Change." M.C. Maulsby. *Annual Meeting and Scientific Program of the Wisconsin Psychiatric Association, April, 1978.*
16. "Rational Behavior Therapy for Minorities." M.C. Maulsby, *National Institute for Mental Health, Washington, D. C., January, 1981.*
17. "The Rational Use of Your Brain." M.C. Maulsby. *Annual Conference of the International Association for Clear Thinkers, Neenah, Wisconsin, September, 1981.*
18. "Rational Behavior Therapy for Minorities." M.C. Maulsby. *Federal Mental Health Task Force, Atlanta, Georgia, June, 1981.*
19. "Rational Behavior Therapy in Groups." M.C. Maulsby. *Annual Convention of the American Association of Behavioral Therapists, Toronto, Canada, November, 1981.*

Maxie C. Maulsby, Jr., M. D.
Curriculum Vitae
Page seventeen

Workshops for Mental Health Professionals and Industry

Dr. Maulsby presents workshops and in-service training programs in Rational Behavior Therapy (RBT) and Rational Self-Counseling. Professionals who attend these programs include physicians, psychologists, counselors, lawyers, classroom teachers, correctional officers, nurses, social workers, clergy, etc. Dr. Maulsby's most requested programs are:

- * *The Rational Approach to Relapse Prevention Treatment of Alcoholics and Other Substance Abusers*
- * *Principles and Techniques of Rational Behavior Therapy*
- * *Rational Behavioral Approach to Acting Out Adolescents*
- * *Meeting the Special Mental Health Needs of Underserved Minorities*
- * *Making the Classroom an Emotional Health Improvement Center*
- * *Psychotherapy and Counseling for Involuntary Patients*
- * *Rational Behavioral Approach to Psychosomatic and Oncological Medicine*

July 1996