

**CURRICULUM VITAE  
PAUL E. DOUTHIT, PH.D., LMFT**

**Chupik Counseling and Consulting (Private Practice)**

**Professor Emeritus  
Department of Pediatrics, Texas Tech University Health Sciences Center  
Division of Developmental and Behavioral Pediatrics**

**EDUCATION:**

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|-------------------|---|
| 1/1988-4/1990     | Ph.D. in Marriage and Family Therapy (MFT) from Nova Southeastern University, Ft. Lauderdale, FL (* NOTE – Director of Texas Tech University MFT program and mentor accepted the directorship of a new MFT program at Nova Southeastern University in fall of 1988. I left the Texas Tech program and joined him at Nova University and their new MFT program in order to complete my Ph.D. under his direction.) |
| 8/1985 to 12/1988 | Doctoral student in the Marriage and Family Therapy program – Texas Tech University, Lubbock TX   |
| 1980              | M.A. Psychology – University of Houston, Houston TX   |
| 1975              | B.S. Psychology – University of Houston, Houston TX   |

**POSITIONS HELD:**

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|-------------------|--|
| 2/2014 to Present | Private practice with Chupik Counseling and Consulting   |
| 8/2019 to Present | Adjunct instructor for Texas A & M University Central Texas in the Department of Counseling and Psychology   |
| 10/2013 to 2017   | Part time instructor for Capella University in the Nursing and Health Sciences program   |
| 11/89-02/2014     | Associate Professor of Clinical Pediatrics– Division of Developmental Pediatrics, Department of Pediatrics/Texas Tech University Health Sciences Center, Lubbock, TX<br>Current Responsibilities: Ongoing outpatient psychotherapy with children, teenagers, parents and families referred by pediatricians, family practitioners, |

school officials, etc. Two half day clinics in conjunction with the general pediatric clinic in order to provide consultation pertaining to psychosocial, developmental, emotional and behavioral issues of children and teenagers.

Served as the coordinator of the Developmental Rotation for first year pediatric residents, since 1997. During the month that each first year resident spends in this rotation they are provided with in-depth knowledge of developmental pediatrics as well as being exposed to the different professionals and agencies that serve children with developmental delays or disabilities.

Served as the coordinator of Pediatric Grand Rounds, since July of 2006; responsibilities consist of scheduling speakers to present different pertinent and interesting topics in the field of Pediatrics.

Participated in the training of pediatric residents and first and third year medical students in developmental, psychosocial and emotional issues on an on-going basis.

02/04-11/05

Special assistant and consultant on psychosocial and emotional issues of latency aged children and teenagers to the Office of Population Affairs within the Department of Health and Human Services (DHHS), Alma Golden, M.D. & Deputy Assistant Secretary for Population Affairs. DHHS and the Department of Pediatrics/TTUSOM entered into a consultation contract that afforded me the opportunity to commute between Rockville MD and Lubbock TX to provide consultative services to DHHS.

Assisted in the creation of a government web site, 4parents.gov, to help parents' better parent older children and teenagers.

Assisted in the creation of a document that described and detailed key ingredients in creating a abstinence based community oriented program for children and teenagers.

Assisted in creating the first national Abstinence Education Evaluation Conference in Baltimore MD in November 2005. I was responsible for chairing the committee that selected over 20 different abstinence programs to present at the poster session portion of the conference.

Provided consultation to different grantees in the Office of Adolescent Pregnancy Programs concerning psychosocial and emotional issues specific to pregnant and or parenting teenagers.

1/90-09/2003

Provided consultation to the regional Child Protective Services agency. I served on the Permanency Planning Team staffing process. I served on this team for 3 ½ years as the team leader and for 9 ½ as a team member.

Provided consultation to the Intensive Family Preservation unit within the Lubbock CPS. Met with the team on a weekly basis to provide guidance on psychosocial, emotional, and developmental issues of children, teenagers, adults and families.

7/85-12/88

Teaching assistant, worked as a half-time research assistantship and worked as a staff therapist in the Family Therapy Clinic as a doctoral student in the Marriage and Family Therapy program at Texas Tech University, Lubbock TX

2/83-6/85

Belle Park Psychiatric Hospital  
Supervisor: JoAnne Carlson – duties included providing individual, group and family therapy in an adolescent psychiatric inpatient hospital

5/3/82-1/14/83

Clinical Therapist at DePelchin Children's Home  
Supervisor: Karen Pierret, MSW Therapist – duties included providing individual, family and group therapy in a residential setting to latency age children.

9/80-4/82

Mental Health and Mental Retardation Authority of Harris County in Houston, TX  
Supervisor: Cheryl Verlander, MSW and Angel Marion, MSW.  
Staff Psychologist – provided psychological testing for DHR; individual, family and group therapy; case consultation with DHR caseworkers

8/79-9/80

Mental Health and Mental Retardation Authority of Harris County in Houston, TX  
Supervisor: Alice Williams, MSW.  
Psychological Assistant – Duties included providing psychological screenings for Harris County Child Welfare;

case consultation with caseworkers' liaison between  
MHMRA and DHR/CPS

10/78-1/79

Foundation of Language and Learning Opportunities –  
agency dedicated to evaluating and working with children  
with specific learning disabilities  
Supervisor: Pat Johnson, Ph.D.  
Performed psychological testing with children suspected of  
being learning disabled; report writing; remedial therapy  
with learning disabled children

10/78-4/79

Private contract testing in Houston TX  
Supervisors: Drs. Jerome Brown and Bill Schulman, Ph.D.  
Duties included cognitive and personality testing of latency  
aged children in the Houston Independent school District

5/71-9/75

South Main Baptist Church – Recreation Department  
Supervisor: Tim Price, Minister of Recreation (25 hours  
per week).  
Responsibilities included supervising adolescents and  
children in various forms of recreation; skills instructor in  
basketball, riflery, tennis and physical fitness

#### **INTERSHIP EXPERIENCE AND TRAINING:**

1/89-5/89

Family Therapy Center at Nova Southeastern University –  
Supervisor: Dr. Wendel Ray.  
Worked in an intensive crisis focused family therapy  
program; all of the session were held in the client's home  
setting

9/85-11/88

Family Therapy Clinic at Texas Tech University –  
Supervisors: Dr. Neal Newfield, Dr. Monte Bobele, Dr.  
Ray Becvar and Dr. Brad Keeney.  
Psychotherapy with individuals, couples and families in the  
Texas Tech University MFT family therapy clinic

1/78-5/78

Mental Health and Mental Retardation Authority of Harris  
County – Supervisor: Barbara Crabtree, MS.  
Duties included intake interviews and evaluations;  
psychological assessments of adolescents; group, family  
and marital therapy; consultation with schools and other  
community agencies

9/77-12/77

Texas Research Institute for the Mental Sciences –  
Supervisor: Elgan Baker, Ph.D. Duties included intake  
interviews and formal mental status reports; psychological

assessments of adults in a psychiatric inpatient setting; individual therapy; biweekly progress meetings and weekly staffing

6/77-9/77

Children's Mental Health Services (now Houston Child Guidance)

Supervisor: Cay Canady, MS.

Duties included family evaluation interviews and assessments; psychological assessments and evaluations of children; individual therapy and play therapy; consultation with parents and community agencies

### **CONTRACTS AND GRANTS:**

09/06 – 09/2011

Provide consultation services to Arlington Independent School District and Tori Sisk, Pregnancy Related Services Coordinator. I assist Ms. Sisk in the development and evaluation of a new program that will be offered to parenting or pregnant teenagers in their school district this fall. I am developing the curriculum modules for this program and will then train the counselors who will be responsible for implementing the program. I also will provide on-going staff development in the area of mental health issues of teenagers.

10/98 - present

Provide psychotherapeutic services to elementary and secondary age children and teenagers along with consultation to teachers and parents once a basis at Hart Independent School District school based clinic in Hart, Texas.

09/07- 08/10

Provided psychotherapeutic services to elementary and secondary age children and teenagers along with consultation to teachers and parents in Frenship Independent School District's school based health center.

08/08- 01/10

Provided consultation for master level psychotherapists who are part of Project SUPPORT in the TTUHSC Dept. of Psychiatry. This project is a state of Texas and FREW settlement funded program to provide psychological assistance to Medicaid recipients and their families. These therapists are co-located in pediatric clinics and work side by side with pediatricians, nurse practitioners and nurses to offer "real time" counseling

- 09/05-09/08 Provided psychological consultation to the local Early Childhood Intervention program; such as consultation on infant mental health, infant and early child development and family therapy on an as needed basis.
- 07/06-09/08 Provided consultation services to the Heritage Community Services organization in Charleston, South Carolina. I assisted this organization in updating, editing and referencing their Abstinence Curriculum for older children and teenagers.
- 08/06-05/07 Provided consultation to the Texas State Health Department in Lubbock TX. I assisted Devon Casey in exploring the possibilities of instituting abstinence based programming in different Independent School Districts in and around Lubbock.
- 02/04-11/05 Special assistant and consultant on psychosocial and emotional issues of latency aged children and adolescents to the Office of Population Affairs within the Department of Health and Human Services (DHHS), Alma Golden, M.D./Deputy Assistant Secretary for Population Affairs. DHHS and the Department of Pediatrics/TTUSOM entered into a consultation contract that allowed me to commute between Rockville MD and Lubbock TX allowing me to provide services to DHHS in the Washington area.
- 08/99-01/04 Provided consultation to SHAPES Head Start agency on mental health and developmental issues of young children and their parents.
- Coordinated this agencies semi-annual mental health conference for staff and parents.
- 10/98-1/2014 Provided psychotherapeutic services to elementary and secondary age children and teenagers along with consultation to teachers and parents once a basis at Hart Independent School District school based clinic in Hart, Texas.
- 1/90-09/03 Provided consultation to the regional Child Protective Services agency. I served on the Permanency Planning Team staffing process. I served on this team for 3 ½ years as the team leader and for 9 ½ as a team member.
- Provided consultation to the Intensive Family Preservation unit within the Lubbock CPS. Met with the team on a

weekly basis to provide guidance on psychosocial, emotional, and developmental issues of children, teenagers, adults and families.

#### **TEXAS TECH UNIVERSITY HSC COMMITTEES:**

08/98- 02/2003                      Served on the Admissions Committee for the School of Medicine

09/06-09/09                      Served on the Student Affairs Committee

#### **POSITIONS WITHIN THE DEPARTMENT OF PEDIATRICS:**

09/2005-02/2014                      Director of Pediatric Grand Rounds

09/99-02/2014                      Coordinator of the developmental rotation for first year pediatric residents

#### **COMMUNITY SERVICE:**

05/05 to 09/08                      Lubbock Moonlight Musicals board member; organization dedicated to promoting family entertainment in Lubbock by staging and presenting family friendly plays the new amphitheater in McKenzie Park.

2004-2005 & 2003-2004                      Served on the board of the Lubbock High School's Parents and Teachers Association; was the Parent Education Chair of this association and responsible for creating a community service program entitled "SoundBits", a series of web based articles to education parents and students about physical and mental health issues. I also was responsible for providing speakers during PTA parent meetings to keep parents informed about pertinent and related health topics such as substance usage/abuse, obesity, etc.

04/97-4/01                      Served on the board of Lubbock Women's Protective Services and I served as president of this board for a one year term and as the Ex Officio for a one year term; our mission was to maintain the "health" of this very important organization which is responsible for providing shelter, guidance, legal aide, etc. to spouses and their families who are victims of spousal abuse.

#### **CONTINUING EDUCATION AND PROFESSIONAL CONFERENCES:**

TAMFT Annual 2016 Conference

## Trauma Workshop

TASBHC: Child & Adolescent Health Conference; Texas Association of School Based Health Centers Annual Conference; July 2, 2013

The 27<sup>th</sup> Annual San Diego International Conference on Child and Family Maltreatment; January 28-31, 2013, San Diego CA

Solution Focused Brief Therapy-web based workshop offered by Richard Nongard; September 20, 2012

Dialectical Behavior Therapy (DBT)-web based workshop offered by Richard Nongard; September 18, 2012

TASBHC: Child & Adolescent Health Conference; Texas Association of School Based Health Centers Annual Conference; July 26, 2012, Houston TX

Handling Today's Hidden Ethical Dilemmas-webinar offered by Psychotherapy Networker; March 12, 2012

The 23<sup>rd</sup> International Psychology of Health, Immunity & Disease Conference: Setting the Standard for Excellence in Mind/Body Medicine (National Institute for the Clinical Application of Behavioral Medicine); Hilton Head Island, SC, December 5<sup>th</sup> – 11<sup>th</sup> 2011

TASBHC: Child & Adolescent Health Conference; Texas Association of School Based Health Centers Annual Conference; Aug 5, 2011, Arlington TX

Crisis Management, Assessment and Decision Making; 3 hour ethics presentation given by Richard K. Nongard; September 29, 2008

Assessment and Practice of Clinical Hypnotherapy; sixteen hour conference given by Richard Nongard; September 11-12, 2008

Integrated Health: Connecting Body and Mind, Robert Lee Sutherland Seminar XV; two day conference conducted by Hogg Foundation for Mental Health; September 8-9, 2008

Self-Destructive Emotions; full day conference given by Nicholas R. S. Hall, Ph.D March 19, 2007

The Office of Adolescent Pregnancy Programs 2007 Annual CARE Grantee Conference February 1-2, 2007

The Power of Mind/Body Medicine presented by Mark Weisberg, Ph.D. June 16, 2006

Counseling to Coaching presented by Harlene Anderson Ph.D. & Diana Carleton, Ph.D. March 31, 2006



Abstinence Education Evaluation Conference presented by the Office of Population Affairs and Administration for Children and Families November 3-4, 2005

Play Therapy and Beyond: Treatment Techniques and Strategies with Children and Pre-Adolescents present by Paul White, LCSW September 22, 2005

The Adventure of Change: The Art & Science of 21<sup>st</sup> Century Therapy/27<sup>th</sup> Annual Psychotherapy Networker Symposium March 6-7, 2004

Shaping the Future of School-Based Health presented by Texas Association of School-Based Health Centers (7<sup>th</sup> Annual Conference) September 27-28, 2002

The Presence of Soul in Brief Therapy: Self-Relations Psychotherapy presented by Stephen Gilligan, Ph.D. August 5-9, 2002

Explosive and Intimidating Children and Adolescents: An Innovative Approach presented by Matthew Selekman, L.C.S.W. June 26-30, 2000

Ethics and Controversies in Counseling presented by Richard K. Nongard, M.A. October 15, 1999

My Generation: Nose-Rings and Bellybutton Things...The X-Generation presented by Richard K. Nongard, M.A. October 14, 1999

Abstinence Education Conference presented by the Texas Department of Health July 31, 1998

Explosive/Noncompliant Children: A New Conceptual and Practical Approach presented by Ross W. Greene, Ph.D. July 13-17, 1998

Bereavement Across the Lifespan presented by Scott & White/Departments of Psychiatry and Pastoral Services September 11-12, 1997

Solution-Oriented Brief Family Therapy with Difficult Adolescents presented by Matthew Selekman, L.C.S.W. July 29-August 2, 1996

Morality and Psychotherapy Reenvisioning What We Stand For/17<sup>th</sup> Annual Family Therapy Network Symposium March 10-12, 1994

The Taos Institute Realities and Relationships Conference April 1-4, 1993

Commuter program with Galveston Family Institute – focus on family therapy and systemic theory March 1983 to July 1985

Group supervision in family therapy with Lee Winderman, Ph.D October 1980 to May 1981

### **RESEARCH INTERESTS AND COMPLETED ACADEMIC WORKS:**

Master Thesis – Study of Adolescent Suicide Phenomenon, May 1980

Doctoral Dissertation – The Computer and Weight Control: Development of a Computer Assisted program for the Management of Weight, April 1990

Chenail, R., Douthit, P, Gale, J, and Stormberg, J. (1990). “It’s probably nothing serious, but...Parent’s Interpretation of Referral to Pediatric Cardiologists” *Health Communication*, 2(3), 165-187.

Slater, Holli M., Mitschke, Diane B. and Douthit, Paul. “Understanding qualities of positive relationship dynamics between adolescent parents and their school-based counselors” *Journal of Family Social Work*; May 2011

### **PRESENTATIONS:**

Basic Behavioral Science & Psychosocial Review – Presenter and Moderator; USMLE Workshop Bangkok, Thailand January 2014. Presented an extensive review of the Biopsychosocial information that is likely to be asked on the United States Medical Licensing Exam.

Basic Behavioral Science & Psychosocial Review – Presenter and Moderator; USMLE Workshop Bangkok, Thailand February 2012. Presented an extensive review of the Biopsychosocial information that is likely to be asked on the United States Medical Licensing Exam.

The Joys of Stress-Harnessing the Power of Stress: Plenary Session #1, TASBHC: Child & Adolescent Health Conference (Annual); August 5, 2011, Arlington TX

Stress-The Next Level – Workshop presentation at TASBHC: Child & Adolescent Health Conference (Annual); August 5, 2011, Arlington TX

Stress...Friend or Foe? TTUHSC Dept. of ObGyn sponsored Women’s Health Week, May 24-2011

Basic Behavioral Science Review presented at the USMLE Workshop at the Chiang Mai Medical School, Chiang Mai University in Chiang Mai, Thailand in November 2009.

Autism: What Pediatricians Need to Know presented at the 18<sup>th</sup> Robert E. Myers, MD Lectureship in Pediatrics at the Dept. of Pediatrics, Scott & White Hospital on March 27, 2009

Quantifying and Sustaining School Based Health Clinics (SBHC) presented with Nancy Eichner at the Texas Association of School Based Clinics annual conference on February 14, 2009 in Ft. Worth TX

Family Engagement: Increasing Parental Involvement for the Betterment of Children and Family Engagement: Stages and Strategies both presented with Tiffany Clarke, MPA at the Texas Association of School Based Clinics annual conference on February 14, 2009 in Ft. Worth TX

When People are Difficult: How to Work with Challenging People in the Clinic Setting presented at the annual Texas Association of School Based Clinics on March 1, 2008

Basic Behavioral Science Review presented at the USMLE Workshop at the Chiang Mai Medical School, Chiang Mai University in Chiang Mai, Thailand from February 4<sup>th</sup> to the 8<sup>th</sup>, 2008

Interventions That Decrease Severe Psychological Trauma presented at the Sunshine in Your Heart Conference given by the Red Cross Society of China in Beijing, China on October 19<sup>th</sup> & 29<sup>th</sup>, 2007

“Risk Taking: A Developmental Asset or Liability?” presented to the Region 18 school nurses in Midland TX as part of their School Health Update conference on August 23, 2007

“Frequent Flyers and Other Mental Health Dilemmas” presented to the Region 18 school nurses in Midland TX as part of their School Health Update conference on August 23, 2007

Stress Busters for Mom’s of Teenagers presented at the National Women’s Health Week Brown Bag Seminars on May 15, 2007

A Prescription of Joy and Happiness...presented at the Annual TTUHSC School of Medicine Nursing Appreciation Luncheon on May 4, 2007

Moderator for a panel discussion entitled “Issues on the Hearts and Minds of Teen Fathers”; 2007 Annual Care Grantee Conference provided by the Office of Adolescent Pregnancy Programs; New Orleans, LA. February 2, 2007

Ethical Challenges in School-Based Health presented at the Texas Association of School Based Health Centers Annual Conference-Healthy Children...Our Commitment: Promoting Child & Adolescent Health on Feb 23, 2007

Panel discussion on Issues Related to Reducing Teen Sexual Activity as part of the conference Healthy Choices: Successful Futures in Columbia SC. January 9, 2007

Developmental and Mental Health Issues Specific to Adolescents and Working with Adolescents in a clinic setting presented in a two parts to the residents and faculty of the Internal Medicine Department at Texas Tech University SOM December 5<sup>th</sup> & 19<sup>th</sup>, 2006

Mental Health Concerns for Children and Teenagers: FACT vs. FICTION presented to counselors and support staff of Arlington (TX) Independent School District, September 11, 2006

SAGE Advice: Strategies for Adolescent Guidance Education presented to staff nurses at the Littlefield County Health Center, Littlefield, Texas; May 12, 2006

Post Partum Depression in Young Mothers presented at the Texas Tech University SOM Ob/Gyn Grand Rounds, Lubbock Texas April 28, 2006.

Post Partum Depression in Young Mothers presented at the Texas Tech University SOM Pediatrics Grand Rounds, Lubbock Texas March 3, 2006.

Ethical Challenges in School-Based Health presented at the 10<sup>th</sup> Annual Texas Association of School Based Health Centers Conference, El Paso, Texas, February 23-25, 2006

Program Evaluation: The Pros and Cons of Evaluating Abstinence Education Programs presented at the Texas Abstinence Education Program Contractor Meeting, Austin Texas December 7, 2005

Where We Are Now and Where We Are Going: National and State Perspectives presented at the Texas Abstinence Education Program Contractor Meeting, Austin, Texas, December 6, 2005

Depression and Postpartum Depression in Adolescents presented at the Office of Pregnancy Prevention Program Southwest CARE Regional TA Conference, Arlington, Texas; September 13, 2005

Workshop on Family Violence presented at the Texas Association of School-Based Health Centers "Shining Stars of Health", Austin, Texas, January 22, 2005

The ABC Prevention Model: Strategy for Public Health in the U.S. presented at the 14<sup>th</sup> Texas HIV/STD Conference on December 16, 2004

Working with Children's Protective Services presented at the Texas Association of School-Based Health Centers/"Helping One Child at a Time", Dallas, Texas, January 23, 2004

Adolescents: How to Help Those who Think they Know it all, be Safe, When they do not Know it all presented at the 27<sup>th</sup> Annual Pediatric Postgraduate Course/Texas Tech University Health Sciences Center, Lubbock, Texas, October 17, 2003

Parenting Issues: How to Best Help Your Foster Child presented to foster parents of Buckner Baptist Foster Agency, Lubbock, Texas, April 24, 2003

Parenting Issues: Effects of TV and Video Games on Children presented at the SHAPES Head Start Parent's Program, Lubbock, Texas, April 8, 2003

Parents...Who Needs Them? Presented to the Office of Population, DHHS, Staff in Rockville MD on October 2, 2002

Pediatric Aspects of Counseling presented at the 24<sup>th</sup> Annual Pediatric Postgraduate Conference at Texas Tech University Health Sciences Center, Lubbock, Texas; October 13-14, 2000

Mental Health Issues of Children and Adolescents presented at the 8<sup>th</sup> Annual School Nurse Workshop/Texas Tech University Health Sciences Center School of Nursing, Lubbock, Texas July 30, 1999

Attention Deficit Disorder with or without Hyperactivity in Children and Commonly Used Medications presented at the Texas Association of School Nurses State Conference, Lubbock, Texas, November 6-8, 1998

Behavioral and Emotional Disorders in Children and Current Pharmacological Treatments for These Disorders: What is Normal vs. Abnormal in Children and Current Psychotropic Medication Interventions presented to the 6<sup>th</sup> Annual School Nurse Workshop, August 1, 1997

Visiting Professor and Moderator at USMLE Workshop 1994 Review; sponsored by Faculty of Medicine, Siriraj Hospital, Mahidol University Consortium of Thai Medical Schools and Thai Physicians Association of America, Inc., June 30-July 5, 1994

Visiting Professor at USMLE Workshop 1993 Review; sponsored by Faculty of Medicine, Siriraj Hospital, Mahidol University Consortium of Thai Medical Schools and Thai Physicians Association of America, Inc., July 1993

Fetal Alcohol Syndrome – Genetic and Psychosocial Perspectives presented at the Texas Tech University SOM Pediatric Grand Rounds, September 10, 1993, Lubbock, Texas

Attention Deficit Disorder: One Team's Approach to Dealing with this Condition presented with Mary Ann Rogers, MA to parents and educators in Denver City, Texas, April 15, 1993

Children with Chronic or Terminal Illnesses: Helping Families Cope presented at the Family Therapy and Recovery Center, Lubbock, Texas February 25, 1993

Research of Family/Patient-Physician Interaction in a Pediatric Cardiology Setting; seminar presented with Ron Chenail, Jerry Gale, Paul Douthit and Jeff Stormberg at the Texas Psychological Association Annual Meeting in Austin, Texas, November 1988 and to be presented at the Texas Association of Marriage and Family Therapy Annual Conference in Houston, Texas, January 1989

An Interacting Team workshop presented with Monte Bobele, Ph.D., Ron Chenail, Shelley Green and Tracey Stulberg at the American Association of Marriage and Family Therapy Annual Conference in New Orleans, Louisiana, October 1988

Therapeutic Treatment Considerations for the "Bulimic" Client workshop presented with Shelley Green at the Texas Association for Marriage and Family Therapy Annual Conference, San Antonio, Texas, January 28-31, 1988

**REFERENCES:** Furnished upon request