

Carl V. Rabstajnek's Publications

PUBLISHED ARTICLES

(www.HOUD.info/publications.pdf)

The following articles are published in journals to which I assigned the copyright. Therefore, I cannot provide copies of them on this Web site. You can, however, download a pdf copy from full text databases, available in many libraries. An alternative is to Google the journal and purchase copies or use interlibrary loan.

“The Unappreciated Humanist: A Defense of F. W. Taylor and Scientific Management.”

Leadership and Management in Engineering, Vol. 7, no. 1, pp. 3-5; January 2007.

(The above and the next article were published in the journal's "Forum" section so, as a result, searching author, title, or subject does not necessarily locate them. Locate the journal and select the specific issue.) These two articles are summarized in [Summary of My LME Article: ...](#)

“The Scapegoat in Organizations.”

Leadership and Management in Engineering, Vol. 7, no. 4, pp. 124-125; October 2007.

“Expressive Writing to Cope with Trauma.”

The Informer, Vol. XXIX, no. 1, pp. 51-52; Winter 2006/2007.

(This link is to a scanned copy. The Vermont Police Association website disappeared.)

“Personal Coaching for Business Persons: A Plethora of Choices.”

Leadership and Management in Engineering, Vol. 8, no. 2, pp. 54-56; April 2008;

(See article: [Call it a Rose! Coaching Adds Cachet to Providing Traditional Functions.](#))

“Family’s Expressed Emotion to Returning Citizen Soldiers.”

Military Medicine, Vol. 7, no. 7, pp. xi-xiv; July 2008.

(See article: [An Overview of Expressed Emotion.](#))

MY DISSERTATION: *Prediction of Transformational Transactional Leadership from NEO PI-R Five-factor Model of Personality at a Senior Military College.*

(A copy can be downloaded from the Proquest® Dissertations Dataset.)

(See article: [Background Underlying My Dissertation.](#))

Psychological Wellness, Coping Ability, and Resilience

The following eight-page paper describes the program available under contract for organizations wanting to provide personal growth for their members or associates — with free supporting components elaborated on next page —

**Developing Psychological Wellness, Coping Ability, and Resilience:
A Guidebook for Peer-Led Peer-Groups to Facilitate Human Change.**

Coping & Resilience Enhancement Program

COPING WITH * SERIES OF GUIDEBOOKS

**This series of guidebooks is designed to enhance an individual's resilience using proven cognitive methods. Unlike many packaged programs that focus on one-size-fits-all approaches, these 36, 44, and 48-page booklets guide the reader in tailoring approaches to his or her personality and preferences. Contact me at rabstejnek@HOUD.info for further information.*

The Guidebooks are prepared under contract and address specific needs within particular groups. The unemployment version started with 36 pages (including cover) and was extended to 44 pages for individuals and extended again to 48 pages to provide specific attention to family members.

FREE

Guidebooks for and Peer-Group Assisted Growth

(2 pages)

Developing Psychological Wellness, Coping Ability, and Resilience: A Guidebook for Peer-Led Peer-Groups to Facilitate Human Change

(8 pages)

Extended book flap description of Guidebooks:

Psychological Wellness: Guidebooks for Individual initiative.

Introduction articles for Guidelines to Coping with Life Events & Developing Resilience:

(The) Pros and Cons of Cognitive Consistency.

(A) Wind Shift Toward Positive Psychology and Adult Resilience.

(The) Zeitgeist and the Presentation of Ideas.

GROUP ENHANCEMENT

The above material addresses the content of Coping & Resilience Enhancement program. The collection of articles are designed to be stand-alone resources for self-discovery. The process of assimilation is enhanced by peer-discussions in proper type of groups. The following articles address effective egalitarian group structure, process, & programing.

Essential Elements of

Yeoman* Organized Egalitarian Peer-Group Circles to Enhance Resilience by Focused Discussions of Readings

Circles of Change Intensify Assimilation of Guidebooks to Enhance Resilience

CIRCLE GROUP PROGRAM OUTLINE (Syllabus)

**The yeoman does not take an active leadership role during the group process.*

Original Articles and Support Material

POSTED ESSAYS

One or two (or more) pages

*These short essays are in pdf format and are provided for free use.
Please provide author attribution.*

Articles on Leadership:

Alinsky Based Organizing Principles That Are Useful Across Political Spectrum

“AWARENESS” by Nonprofit Boards to Assure Competent Leaders of Their Organizations.

Background Underlying My Dissertation. (Four pages)

Elite Progressive Academics and Politicians Fostered “Scientific” Eugenics Movement.

Leadership Education: a Balanced Program for the Rest of Us.

(The) Leadership Enigma: Assuring Competence in Diverse Roles.

MANAGEMENT FADS AND FASHIONS:

Leading and Directing Companies by Popular Codified Methods. (Three pages)

Patterns of Competence & Incompetence Pervades Multiple Leadership Functions. (Two pages)

Presenting Information to Change Minds by Repetitions of Massaged Depictions.

(A) Psychological Contract is an Implicit Agreement. (Two pages)

(The) Skipper: Commanding When a Coach is Unavailable.

Taming the Oligarchy: Pursuing Governance by Leaders and Not Entrenched Rulers.

Twenty-five–Fifty–Twenty-five: Competent–Good Enough–Incompetent Leaders and Managers.

Weeding out Incompetent Leaders.

LEADERSHIP COACHING GROUPS

The above articles deal with identifying incompetence and promoting competence. While leadership cannot be taught, leaders gain by being exposed to multiple ideas. Therefore, the structure with readings of 18-biweekly group sessions are elaborated. The facilitator is knowledgeable — not necessarily an academic — and not parochial.
This person is more active than yeoman described above, but not directive.

Overview of Leadership Coaching Groups: Purpose, Structure, and Process

Syllabus for 18-Session Leadership Coaching Group

Background Notes on Leadership Coaching Groups

Psychology Articles:

Avoiding Alliterative Confusion Within B • C • D • E • G • P • D • V • Z.

Call it a Rose! Coaching Adds Cachet to Providing Traditional

Caveat Emptor & Primum Non Nocere: HR professional's Duty to Protect.

Elite Academics and Politicians with Science Complicity in Fostering Eugenics Movement.

Presenting Information to Change Minds by Repetitions of Massaged Depictions.

Primum non Nocere, Caveat Emptor, and Diligentia Quam in Suis:

First, Do No Harm, Let the Buyer Beware, and Due Diligence.

SILENCING THE SUPEREGO: From Psychological Defenses to Offenses.

Summary of My LME Article:

Wearing Political Blinders in Psychology's Research Doesn't Well Serve the Profession .

Miscellaneous:

The Decline of the ELCA Over Time by Dancing to the Oligarchy's Choreography.

**(The) 18% Decline of Mainstream Protestant Churches Membership from 2001 to 2008
in the Face of 16% Increase in Other Christian Denominations (-6.4 Million vs +20.3 Million).**

Masonic Membership and the 26-Year Phenomena.

Oligarchical Organization Bifurcation: Leading to Decline and Prolonged Demise.

Questioning Speculative Psychoanalysis of the Motives of Right-wing Authoritarians.

Remapping Digital Libraries: Returning to Benefits of Browsing Paper.

Republican & Democrat Contenders in Their Primaries Exposes Establishment = Oligarchy.

Supporting Quotations:

(The) Blind Men and the Elephant.

E. Fuller Torrey's Fantasy Trial Regarding Schizophrenia Researchers.

Self-Assessment Instruments for Self-Improvement:

Assessment of Family Interaction.

Health Symptoms Assessment.

Mental Health Items to Consider.

Reliance—Hardiness—Differentiation.

Papers on Nonprofit Boards:

Guidelines for Service on Nonprofit Boards. (Four pages)

Governance on Nonprofit Boards: Why is it so hard to accomplish? (Six pages)

“AWARENESS” by Nonprofit Boards to Assure Competent Leaders of Their Organizations.

POSTED ARTICLES

Several pages

These are longer articles that formally cite sources.

Use freely and please provide author attribution.

(A) Brief Review of Self Psychology.

Evaluating the Efficacy of Critical Incident Stress Debriefing: A Look at the Evidence.

Family Systems & Murray Bowen Theory.

Fear of Success:

A Phenomenon with Assorted Explanations

(Including Psychoanalytic, Feminist, and Other Theories).

History and Evolution of the Unconscious Before and After Sigmund Freud.

(An) Overview of Expressed Emotion.

Predicting Leadership: West Point’s Civil War Legacy.

Psychopathic Criminals: Political, Economic, Developmental, and Treatment Issues.

Effectiveness of Psychoanalytically Informed Short-term Psychotherapy Using Self Psychology.

Sensual and Intellectual Reality Is Key to Mental Health in the Family of Origin and in Organizations: Lessons from Schizophrenic Systems.

Taxonomy: The Necessary Art of Classification and a Valid Personality Inventory (NEO PI-R).

What Trait-Theory Teaches About Leadership Paradigms:

Exploring Assumptions, Strengths and Limitations.

Theses:

TRADE SHOWS - THEIR MARKETING RESULTS (M.B.A. Thesis)

CHARACTER SPAN TESTS USING A PERSONAL COMPUTER (M.A. Thesis)



Observations



The following essays are less in the scholarly vein of my material listed above. They are observations that are not scientific but form patterns that I feel are worth commenting upon. They are my opinion pieces that are not intended to be contributions to the scholarly literature. They just reflect my observation of patterns in life's drama & comedy.

Being a student of human behavior and cognitive functioning, my mind tends to see patterns in arguments and delivery. Practitioners in these areas provide examples that Theodore Lidz taught is the reason that we study schizophrenia. His modified quote is: "... the basic themes are more readily detected in emotionally disturbed [motivated and theatrical] persons because they are more set, more clearly repetitive, and perhaps more familiar to the practiced ear that has heard similar themes so often before." The following are my perceptions of life — influenced by my experiences and thought processes.

Fighting War With(out) the Aids of Cigarettes, Pinups, Beer, and God.

(The) Harmful Politics Surrounding Selling Major Mental Health Programs.

Oligarchical Control Deflated When it Initially Let Pseudo-democracy Overwhelm its Process.

(The) Popping Fart: Converses on the Political Landscape.

(The) Virtue of Zero: Queensboro Bridge Quells Political Avarice.