



Richard Ronald Bootzin

February 25, 1940 - December 4, 2014

Richard R. Bootzin, 74, died suddenly at home on Dec. 4 after fighting off heart disease for 35 years. He was born in Milwaukee WI on Feb. 25, 1940, the eldest son of the late Arnold and Evelyn Bootzin. He was graduated from Washington High School in Milwaukee, earned a bachelor's degree from the University of Wisconsin/Madison and a Ph.D. in clinical psychology from Purdue University. He was a professor of psychology at Northwestern University for 19 years and joined the psychology faculty at the University of Arizona in 1987. His area of interest was sleep and sleep disorders with particular attention to insomnia. Stimulus control, his non-drug treatment for insomnia, is studied and used world wide, including at the Veterans' Administration, as the gold standard for the disorder. As president of the Psychological Clinical Science Accreditation System, he also was a leader in the effort to assure that science-based treatments are the norm in clinical psychology by accrediting clinical psychology departments throughout the United States that are science-based. He was honored by the Sleep Research Society for being an outstanding teacher and mentor and his legacy continues in the exciting work his dozens of students are contributing to the study of sleep and sleep disorders. Dr. Bootzin is survived by his wife, Maris (Mitzi), daughters Deborah (Michael) Daniels and Lainey (Todd) Melnick, brother Jerold (Judy) and sister Enid Berkovits, grandchildren Jennifer (Emily Lake) Daniels, Melissa (Steve) Gruender, Alex (Travis) Horne, Daniel Freeman, Skylar and Sydney Melnick. Great grandsons are Elijah and Judah Horne. Services will be held 10 AM, Monday, December 8, 2014 at Evergreen Mortuary, N. Oracle & W. Miracle Mile. Burial will follow in the Congregation Or Chadash section of Evergreen Cemetery. Memorial donations may be made to the Psychological Clinical Science Accreditation System (PCSAS) Patrons' Fund. Contributions can be sent to PCSAS, 1101 E. Tenth Street, IU Psychology Building, Bloomington, IN 47405-7007.

Cemetery

Evergreen Cemetery

3015 North Oracle Road

Tucson, AZ, 85705

Comments



“ You're in our Thoughts Sympathy Gift Basket was purchased for the family of Richard Ronald Bootzin.



December 19, 2014 at 08:04 AM



“ It is hard to imagine the world of insomnia research without Dick. He has been a thought leader for such a long time, providing not only formative ideas that have remained contemporary more than 40 years, but an unrelenting gravitas to research and practice across those decades. Perhaps more than anything his legacy will be through those whose lives he blessed with support, encouragement, advice and good humour. His mentorship of others is legendary, and although coming at this from a UK perspective I can also testify to this. Dick was always pleased to see you. He had time for people, and you always left even the briefest of encounters feeling the better of it. I hope that we can all live up to that example. I would like to pass on to Mitzi and the family my sympathies and warmest regards. Dick was first and foremost a family man. Another example to us all!
Sleep well good friend.
Colin Espie, Oxford and Scotland

Colin Espie PhD, DSc - December 18, 2014 at 06:28 AM



“ In 1978 I applied for a postdoc in methodology and program evaluation at Northwestern. I didn't get it. Then Dick called and offered me funding as project director on a grant, which then allowed me to be in the postdoc program. That postdoc changed my life. So thanks, Dick. We worked together for about 10 years until our interests drifted too far apart. But my affection for him never changed. Saw him last at APS in May in SF. I'll miss him. Will Shadish

William Shadish - December 08, 2014 at 02:28 PM



“ Dick was a friend, colleague, collaborator, mentor, role model, compass and voice of wisdom from my first day as a faculty member until the last day we worked together. I will miss him sorely and find peace in knowing through you how much real and lasting impact a scientist can have.



“ Jack D. Edinger, Ph.D. purchased the Written in the Stars for the family of Richard Ronald Bootzin.



Jack D. Edinger, Ph.D. - December 07, 2014 at 06:13 PM



“ Dr Bootzin came to Wilford Hall Ambulatory Surgical Center and provided a wonderful seminar on his sleep research and treatments for myself and fellow active duty colleagues. I use this treatment with many patients. His contribution to psychology will never be forgotten. He was such a nice man and wonderful scholar. My condolences to his family and friends.

Dr Rachel Wiley - December 07, 2014 at 02:15 PM



“ Circa 1973 when Dick Bootzin and I were on the AABT board working closely together on programming, we had occasion to celebrate the end of a hard days work with some of our AABT colleagues at a Japanese restaurant serving what was then a novel and adventuresome dining experience called sushi. None of us had had it before. After tentatively sampling some of the items on our plates, Dick, who was sitting next to me, took his fork and shoveled a pile of green stuff sitting on the side of his plate into his mouth all at once. Next thing I knew Dick slapped me so hard on my back that it knocked the wind out of me and as I turned to look at him he seemed to have smoke coming out of his ears and fire out of his mouth. That fire was quickly extinguished with a lot of good beer and we had many laughs over the ensuing decades about that evening, but more important fires were burning within Dick reflecting his passion for a scientific approach to clinical psychology and the delivery of mental health services. That those passions are now being realized is due in large part to the influence Dick had on all of us and on the field over the past 40 years. We will miss you old friend, but all of your good works will live on

Dave Barlow

David H. Barlow - December 07, 2014 at 02:00 PM



“ Dick was a voice of reasonableness, critical thinking, and gentle humor for me throughout graduate school and for many years afterward. Now, my own students benefit by hearing about the things Dick told me over the years and reading his extremely influential science and scholarship. I'm so grateful to have known him and to have benefited from his guidance and friendship.

Jim Coan - December 07, 2014 at 12:56 PM



“ Dick was one of my professors in grad school at the UA. I will always fondly remember his kind and easy-going manner, along with his answer when people asked him how he ensured compliance with his stimulus control for insomnia instructions: “I have never had a problem with people not following my instructions.” Dick was a classic, and my sincere condolences go out to his family, friends, colleagues, and students. --Warmly, Brian Burk

Brian Burk - December 07, 2014 at 09:21 AM



“ Taking visual statistics with Dr. Bootzin helped me see data and understand it better than before. His method to treat insomnia is also my standard advice for all of the sleepy people in my life. He lives on in all of the people he taught.

Dr. Aaron Tesch - December 07, 2014 at 01:26 AM



“ My memories of Dick and I go back 74 years when he joined our Bootzin clan and I had a new first cousin. Our families were close and he was my (in my mind) as close to a brother until my brother was born z'l. He now joins my brother, Warren, our cousin Barry in another dimension and watches over us with all our ancestors that greeted him as he passed over. You will always be in my heart and mind Dick. I will miss you. But have lots of wonderful memories of parties in your 49th street basement.

Donna Neubauer - December 06, 2014 at 10:09 PM



“ Dick was such a wonderful mentor, teacher, and researcher. He has impacted so many lives, not just by improving treatment for insomnia, but by inspiring and guiding so many psychologists-in-training. I consider myself very lucky to have been able to take courses from Dick and to have him on my dissertation committee. He helped me think more clearly and critically about my own projects, even though they were far afield from sleep research. His humor, kindness, intelligence, and thoughtfulness will

be greatly missed by so many of us. I hope that his family as well as his academic progeny can all find peace and comfort in the coming days.

Thank you Dick, for all that you did for all of us!

Amanda Fanniff - December 06, 2014 at 05:48 PM



“ Dick was my mentor, friend and father-figure (despite the fact he wasn't old enough to be my father!) I am broken-hearted over his death--but, what is beginning to fill the hole are the many wonderful memories over the past 40 years. I laughed when I thought of us going out to dinner on the money I got for him to speak at BU when I was a professor there-- the dinner ended with us both smoking cigars! I remember him running to the pharmacy with me on the way to defending my dissertation-- because I needed stockings! I remember running into his office after my friend Chip had been assaulted when Chip and I had stopped at the Dairy Queen for ice cream..... Many more. He was one of the sweetest, most generous and positive men I have ever know. I will think of him always-- I send my love and a huge hug to Mitzi, Lainey and Debbie and my condolences to your families.
With all my love,
Hildy

Hildy Grossman - December 06, 2014 at 01:24 PM



“ I have known, admired, and appreciated Dick for more than 40 years, and enjoyed every one of the many professional and personal experiences we shared over those decades. He was a very special human being, psychologist, and friend, and I will never forget him. Clinical science has lost one of its most valuable leaders, but his impact and contributions to psychology will long endure.

Sincerely,

Walter Mischel

walter mischel - December 07, 2014 at 02:56 PM



“ I was very lucky to be Dick's 2nd and youngest daughter. He was so much more than the expert, mentor, and guide. He was a teacher, and he taught me the most important lessons in life. He taught me to live for the journey, not the destination, and always strive to to exceed your goals. He never disappointed anyone in his life. He was loved by all, and will be missed by many. Thank you all for the stories and messages which really show how important a legacy he has left the world. I lost a great father, and we all lost much, much more.

Lainey Melnick - December 07, 2014 at 03:38 PM



“ Dick was one of the greatest luminaries in the subspecialty of behavioral sleep medicine. His early writings in regard to stimulus control were the catalyst to launch my career in the field and I will always feel I owe that to Dick. He was one of my long-time and greatest heroes and I will always feel indebted to him for what has been a very enjoyable and rewarding line of work. I am quite sad to see his departure from our world but know in my

heart that he has earned a deserved place in eternity.

Jack D. Edinger

Jack Edinger - December 07, 2014 at 06:07 PM



“ Dick was remarkable. We were distant colleagues, so I had only occasional casual conversations with him. The one I remember most clearly, is when we commiserated together about not ever wanting to retire....we agreed that it was a mixed, but good decision.

Dick was obviously gentle, a bit quizzical, and thoughtful. How did I come to believe all that from such limited interaction? It is because Dick's personality and style positively glowed. Those who knew him well are surely blessed.

Tom Bever

Thomas Bever - December 07, 2014 at 06:07 PM



“ I was privileged to have Dick as my adviser and mentor at Northwestern University in the early to mid-80s. Although I wasn't a student in his department (psychology) and wasn't interested in insomnia, he still supported and encouraged my work on sleep.

I learned a great deal from him about sleep and research methodology, but the most valuable thing I learned from his was mentoring. He never told me how to mentor, he simply modeled what a good mentor does e.g., encouraging you, asking questions that made you think, introducing you to people etc.

I've attended APSS every year since 1985 and could always count on running into Dick somewhere in the halls and being greeted with a big smile and a hug. It will be really strange not to see him this year and not to get together with him and all of his students for dinner.

He was a great teacher, researcher, mentor and person who will be missed by many people.

Ann E. Rogers PhD, RN - December 07, 2014 at 06:09 PM



“ Dick was my mentor when I was a post-doc at Northwestern and was responsible for my first academic job in 1977 when he arranged for me to replace him during his sabbatical year at Stanford. I benefited immensely from his advice, support and wisdom for which I am most grateful. Dick was a great teacher and wonderful person who has left an important legacy in his many students. I hope I have given back a little of what he gave to me through my teaching, research and clinical work. Like all those who knew him I will miss him a great deal.

John McSweeney

John McSweeney - December 07, 2014 at 09:58 PM



“ Mitzi and family- I wanted to express my condolences. I am so sorry for your loss. Over the last several days I have thought a lot about my lovely interactions with Dick, many of which demonstrate what a wonderful, unique, and kind man he was. In just one example, my mother has been dealing with cancer treatment in the last several years and Dick understood our situation and reached out to me. He took the time to take me to lunch to

talk it over. He was one of the few people who reached out in this way when I was in a very difficult place with it all. I will never forget that gesture.

Another example of Dick's manner shows how he could bring laughter to so many and a light to any situation. He recently sent around a paper on sleep deprivation in bees and how they had "weirder waggle dances" when deprived. I laughed with him about it and mentioned to him (jokingly) that this was one paper that really needed a video link! He went out of his way to contact the author and get the videos of the bees to show us all. Dick was serious when he needed to be, and rigorous in his science. But he was also playful, and that is a trait that is often hard to find in an academic.

Dick was a wonderful man and an exceptional scientist. I am so grateful for all the time I had to interact with him; each interaction has really been a gift. He will be greatly missed by all of us.

Jamie Edgin - December 07, 2014 at 10:23 PM



“ My heart is heavy with the loss of a great scientist and wonderful friend. My love and sympathy to Mitzi and the family.

Roseanne Armitage - December 08, 2014 at 05:50 AM



“ I only met Dr. Bootzin a few times at the annual sleep conferences . . . but on those few occasions, he made me feel as if I was the most important person in the room. His passing is a great loss to not only the sleep community, but the human community.

Christi Ulmer - December 09, 2014 at 12:32 PM