

Theodore Millon, Ph.D.

It is with great sorrow that we bring to you news of the passing of Theodore (Ted) Millon, who died January 29th, 2014. What follows is brief tribute including information from obituaries in the *NY Times* and *Miami Herald*, and memories of his tenure in the Psychology Department at UM where he served as Professor and Director of Clinical Training during the period 1977 – 1987, during which time he also held visiting professorships at McLean Hospital and Harvard. Ted's life was that of a scientific theorist and an artist, marked by major books, assessment tools, awards, many works of art, and many, many appreciative students whose lives he touched in deep and lasting ways.

Ted, who earned his Ph.D. from U. Connecticut, became intrigued with the intricacies of different personality types that he observed in everyday life, on the bus or the train, and went on to make similar observations in a variety of institutionalized settings where he worked. As a young Assistant Professor at Lehigh University he was known to investigate, “undercover...even in a hospital gown” the daily lives of institutionalized patients in different hospital wards at nearby Allentown State Hospital, where he also served on the board. These experiences all came together along with his appetite for multiple scientific literatures, in his BioSocial Theory of Personality, which integrated ideas from psychology, anthropology, evolution, and medicine. These ideas are reflected in classics such as *Modern Psychopathology* and *Disorders of Personality*—widely used texts in graduate training in Psychopathology, and among the more than 25 books he published. Some of his works, very early in the birth of the fields of behavioral medicine and health psychology, such as *Medical Behavioral Science* (1975) and *Handbook of Clinical Health Psychology* (1982), evidenced his forward thinking.

His personality theory was also the basis for the many psychological self-report instruments he produced in his lifetime, many of which are in widespread use in clinical and research circles to this day. Tests such as the Millon Clinical Multi-Axial Inventory (MCMI), and the Millon Adolescent Personality Inventory (MAPI) have been translated into many languages, and are employed in mental health settings including adult and adolescent psychiatric hospitals, correctional facilities, and college counseling centers across the world. Measures such as the Millon Behavioral Medicine Diagnostic (MBMD) are used for patients undergoing bariatric surgery, organ transplant, and comprehensive pain treatment in major medical centers in the U.S. Ted's theory and hard work on the American Psychiatric Association's Task Force on Nomenclature and Statistics since 1974, laid the foundation for the schema of Axis II Personality Disorders used in the many editions of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM) that he witnessed in his lifetime.

Ted was also a founder of the *Journal of Personality Disorders*, and *Psychology and Health*, which are now major journals in their fields. Together with Neil Schneiderman he formulated the blueprint for the Clinical Health Psychology Ph.D. program at UM, which has been rated # 1 in the nation by the Society of Behavioral Medicine and continues to train graduate students, many of whom have gone on to be leaders in the field. I had the good fortune of working under both of these giants as a graduate student and faculty member for the past 3 decades at UM.

Ted was also blessed with artistic talent throughout his life, ranging from singing with Vic Damone and others in his early years, to being a sculptor and sketch artist throughout his later years in Miami. His artwork can be found throughout his characterizations of the different personality types described in his books, and in the halls of the Psychology department....and even in some offices. Over my desk hang many of his original sketches of luminaries in the field—Beck, Binet, Ellis, Erickson, Freud, Hippocrates, James, Jung, Pavlov, Piaget, Rogers, Rorschach, Skinner, and Sullivan—who all comprised the palette for his scholarly works.

Ted, a great admirer of Nat King Cole, who released a song in 1952, the year of Ted's marriage to Renee, “When I Fall in Love”, lived a life that followed the lyrics....”when he gave his heart—to his wife, his family, and his students—it would last forever....it would be completely”. We honor the memories of Ted's legacy....his academic and artistic works, his family, his friends, and his many students and their students too.