

ON THE COVER

Zabriskie Draw by Delton W. Young

This article is based on a video interview on February 7, 2023, with the artist.

The photograph on this issue's cover of *American Psychologist* was created by Delton W. Young, PhD, a clinical and forensic psychologist and a mountaineer. Since childhood, Young has been drawn to the outdoors and has consistently remained active as a mountain climber and guide, an adventure traveler, and an instructor of rock climbing and trekking. His photography, exemplified by *Zabriskie Draw* on the cover, reflects Young's interest and skill in finding unique angles on scenes and assuring that the color and texture in natural scenes are emphasized.

Zabriskie Point is a popular vista in Death Valley National Park, in Southern California, that offers unique evidence for the impact of water and wind on the desert. The geography of this large park continues to change, in part with alterations to the landscape related to episodic flooding. The word draw is used to describe what may appear to be like a small stream in a valley, seen in the lower third of the photograph.

Young returns to Death Valley annually. With a four-wheel drive vehicle and his camera equipment in tow, he locates and then climbs to find unique views for his photographs. *Zabriskie Draw* is taken during the blue hour before sunrise with a 70–200 mm lens and subsequently processed as a raw digital file using photo-editing software.

Young grew up in a family of outdoor enthusiasts in Wenatchee, Washington, on the east side of the Cascade Mountains. He was not as interested as other family members in hunting and fishing but was drawn to climbing and trekking from an early age. He is self-taught as a photographer, having started early by serving as a school photographer during high school. With an emphasis on physical chemistry and physics, Young received his bachelor's degree from Central Washington University. Throughout college, he took time off to travel, climb, and trek, including journeys to Asia, Africa, and South America. His travels, with opportunities for introspection and interaction with diverse individuals and groups, prompted him to think more about philosophy, and he came to realize that he would like to study psychology.

After obtaining a master's degree in clinical psychology from Eastern Washington University, Young worked as a therapist in Portland, Oregon, and subsequently matriculated at the University of Rochester in the Graduate School of Education and Human Development, where he received his doctorate. Back on the West Coast, Young completed his internship at Oregon State Hospital in Salem and then returned East for postdoctoral fellowship training at McLean Hospital in Belmont, Massachusetts, where he worked for 11 years before settling in Seattle, Washington. His practice in Seattle focuses on adolescents and forensics, with a passion and commitment to help youth and their families navigate difficult situations with courts and school systems.

How do the practice of clinical psychology, the impact of nature, the physical demands of mountaineering, and the creativity of photography connect? As a psychology fellow, Young published a study of a 2-week wilderness camp for people hospitalized with chronic mental illness. The structured program combined physical activity in the wilderness with therapeutic interventions, and youth participating in the program showed improvements in skills and social interactions. This exemplifies Young's interest in understanding how the physical environment and the skills entailed in mastering it can promote well-being.

More broadly and philosophically, Young finds that psychology practice and photography both require creativity and hard work to achieve high-quality outcomes. Whether meeting a client or composing a photograph, he captures an initial impression and overview of the scene or the person. Then, stepping back, he appreciates more of the complexities and nuances and the multiple perspectives that are necessary to appreciate people and landscapes. Just as a mountain range may look very different based on one's perspective, time of day, and season, so too is it necessary to take in the many sides of a person and their environment to engage with them.

 Anne E. Kazak
Art Editor