

Franklin clinic helps women understand sex problems

By KRISTIN KORTEN
 Time was when the very mention of a certain three-letter word could not get you a session in the bathroom with your mother and a bar of soap. Carm Nedelander doesn't think sex should be an "undercover" subject any longer.
 Mrs. Nedelander just finished her doctoral dissertation at the University of Michigan on ways to help women discover their full sexual potential. She puts her new theories into practice daily at the Franklin Center for Behavior Change in Southfield. She also will present them in a clinic-sponsored workshop "Human Sexual Enrichment" scheduled May 8 and designed for men as well as women.
 According to this certified sexual therapist, most sexual problems are culturally influenced, not the result of a mental disorder. Behavior, both normal and abnormal, is learned and can consequently be unlearned. Mrs. Nedelander asserts.
 For instance, Mrs. Nedelander said, most women learn to "shut off" their sexual responses at a certain point of arousal in order to avoid pregnancy, social stigma or guilt. When the woman later gets married or finds a steady sexual partner, she often can not go beyond that certain point of arousal where she has learned to stop.
 The therapist's job, then, is to get her to realize exactly what the problem is and help her overcome it. The three topics stressed by Mrs. Nedelander are relaxation, concentration on pleasure and communication between sexual partners.
 A MOST IMPORTANT aspect in the program of self-help for women is the use of so-called "art therapy." All Mrs. Nedelander's patients are given "homework" each week which includes not only exercises, but drawings.
 For example, she said she might ask a patient who is non-orgasmic to draw a pic-

ture of the worst thing that could happen to her during sexual intercourse. In drawing the picture, according to the doctor, the woman is not only coming to grips with her own feelings, but communicating them to others.
 Many women, Mrs. Nedelander said, find it much easier to communicate through drawings than verbally. Some women can not verbalize their problems or feelings and the art helps unleash the hidden thoughts, she said.
 The drawings, she stressed, are not analyzed by traditional Freudian methods. In other words, the therapist does not read different meanings into a picture, but lets the woman explain what it means to her.
 "If I had a drawing and the feet were left off," she went on, "I would not assume the woman had some deep psychological problems concerning feet but that she didn't know how to draw feet."
 MRS. NEDERLANDER said the use of drawings, combined with other therapy and at-home exercises, proved successful in every one of her test subjects. Even in the cases in which the woman reported an uncooperative partner, the subjects also reported an increased level of sexual pleasure.
 Another method of treating sexual problems pioneered in the clinic is the use of a hypnosis relaxation tape combined with a booklet. Booklets are new on the market and the woman had some deep psychological problems concerning feet but that she didn't know how to draw feet.
 Mrs. Nedelander stresses, also, that there is nothing unwholesome or freakish about her sexual behavior therapy. The women and men do all their homework with their regular sexual partner and are not required to anything that would go against their moral code.
 Most of her current patients have been referred by gynecologists and psychiatrists or social workers, but such referral is not necessary.
 Mrs. Nedelander and her husband, a resident at the University of Michigan, live in Franklin.



CAREN NEDERLANDER

She obtained from the center, located at 2506 Franklin Road, Suite 117.

SEX AND SEXUAL behavior are not the only problems dealt with at the Southfield clinic, however. The clinic offers a wide range of behavior therapy, usually on a short-term basis, as opposed to traditional psychoanalysis.
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Community House
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The Community House in Birmingham will offer a comprehensive, in-depth series of six essay lectures on human sexuality, presented by doctoral candidate, Lewis W. Drake.
 The course titled "Contemporary Human Sexuality," is scheduled for six consecutive weeks beginning Thursday, April 29 from 8:15 to 9:30 p.m. The classes are open to both men and women who accept the need for factual, structured information on the topic.

Oral history workshop set
 Because interest on the part of bicentennial commissions, historical societies and libraries in recording local history by using the words of older citizens, an oral history workshop will be held from Monday through Wednesday at the Oakland County Bicentennial Office, 1300 N. Telegraph, Pontiac.
 Conducting the course will be Mrs. Patricia L. Pilling, who has conducted courses in oral history at Wayne State University and Lansing Community College.
 She has held workshops at the Detroit Historical Museum, March Historical Society, Dunning-Hough Library in Plymouth, Baldwin Public Library and Ferndale Public Library.
 She also will be giving a similar workshop under the sponsorship of the University of Michigan, Wayne State University Institute of Gerontology.
 The courses will from 7:45 p.m. May 3, 10, 17, 24 and June 7. Attendance fee is \$25 payable in advance. Mail check to Mrs. Pilling at the Oakland County Bicentennial Office.

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