

Unstability myth is out

Mental health important in creativity

By CORINNE ARATT

Preventative mental health is quickly coming of age in the 1970s. With preventative medicine an established part of American life (witness flu shots, for example), the mental half of the total "well-being" picture is coming into sharper focus.

One of the strongest voices in preventative mental health is Dr. Norbert Anderson, psychiatrist and founder of Anderson Counseling Associates of Farmington Hills. He recently has added an educational services section to the long list of services provided by the Blue Cross-Blue Shield approved organization.

One of the first offerings in this new area will be parenting classes for parents of pre-schoolers. There will be four "Mornings with Moms" sessions and a fifth in the evening for fathers.

Dr. Anderson is big on creativity in youngsters, saying the old myth that highly creative people are the world's "unstable folks" has been dispelled.

"CREATIVITY AND COPING have a positive correlation," he said, explaining that the development of creativity opens up the number of options an individual will have for coping.

Jumping from youngsters to senior citizens, Dr. Anderson added:

"From one-fourth to one-third of retirement age people do not have a single hobby. They need something creative to do preferably manually, to offset the boob tube and the bottle."

He spoke of the growing problem of alcoholism among the older age group and said: "If we can trigger a key interest, we can literally avoid the symptoms of senility."

He compared the creative person and the conformist.

"The conformist gives the image of coping, but doesn't really cope well at all. An adaptive person will have options and ways of coping that a conformist never thought of."

Dr. Lois Brooks who will teach the parenting classes will also share the responsibilities in another group starting later in the fall.

She and Dr. Paul Ivey will team teach assertiveness training. While this particular subject has been popularized for women, Dr. Anderson hopes men "who are always slower to come forth, will pick up on this one."

"ASSERTIVENESS is different from aggressiveness. Aggressiveness means to contain another person and assertiveness is to relate openly."

Staffer Richard Mendel, specialist in transactional analysis, will be opening classes on that subject this month.

Other groups and classes which would be offered under the educational services section, will be in marriage enrichment, one for men in the middle years and another for those maintaining a single parent home.

He considers all of these as "mental health maintenance oriented" or geared to preventing problems.

As such they are covered by most of the

major medical insurance programs.

Those interested in any of the groups or in securing a speaker through the organization's speaker's bureau should call the office of Anderson Counseling Associates in Farmington Hills.



Norbert Anderson

Farmington naturalists host OCC meeting

The Farmington Area Naturalists will host the 2:30 p.m. Oct. 10, Michigan Nature Association (MNA) meeting at Orchard Ridge Campus, OCC, Building J.

The two-part program will begin with a slide show by MNA President Richard Holzman, who will present highlights of some of the MNA sanctuaries. Included will be how the MNA has played a role in preserving Michigan's rare threatened species.

Holzman is a professional photographer. The show will conclude with a slide talk

by Dr. Robert Douglas, MD, entitled "Bird Finding with a Camera."

Douglas, a clinical associate professor of medicine at Wayne State University, is a naturalist by avocation, a founder and past president of the Farmington area naturalists.

The MNA is a non-profit organization incorporated in 1952. Its chief purpose is raising money to purchase natural areas for preservation of Michigan's plants and animals.

Locals like meetings bill

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in the fall, if the council's pressed for time, they should start an hour earlier," he said.

"That way, there's more beneficial discussion. The public is there to put in input and to discuss," he said.

"I think the bill is a beginning. There are other ways to get around a public hearing. Those should be included in the bill, too."

"If three to five members get together casually, that could constitute a council meeting," he said.

With the exception of land purchases and contract negotiations, Farmington Mayor John Richardson supports the bill.

It won't affect the council to any extent," he said. "Anyone can come to our executive sessions, now."

"We can't get people to council meetings. Who will come to our executive sessions?" he said.

"Only three to five people come to meetings, now."

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