## Put smoking desire out of mind

For Barry Beder, hypnosis is not a parlor game or a stage trick.

Beder, 30, is a Southfield psychotherapist who says he has practiced his hypnotic techniques on more than 100,000 persons. His treatment, the will tell you, relieves symptons which cause persons to smoke, gain weight, blie their nails, grind their teeth or suffer insomie feer or rain.

their nails, grind their teeth or suffer insomnia, fear or pain.

Beder consults with physicians on the surgical use of hypnosis while treating his own patients for hypertension, insomnia, stuttering and phobias. Three evenings a week, Beder conducts group sessions for persons who want to lose weight or quit smoking. These are the most frequent requests for his services.

These are the most frequent requests for his services.

"It usually takes three one-hour sessions to relieve patients of stress which is one reason they smoke or overeat."
Beder said. "Most people have certain fears about hypnosis when they first

rears about hypnosis when they first come to see me.
"But I assure them they're actually practicing self-hypnosis since it's the subject who determines whether and to what degree he or she will be hypnotized."

"They're not really asleep. Their minds are awake and their bodies are relaxed."

NO ONE can be hypnotized against his or her will or be forced to do anything out of the ordinary as a result of hypnotic suggestions. Beder maintained. He emphasizes that hypnosis won't make manyone qui smoking because that's the individual's responsibility.

Hypnosis can make it easier to stop, but only if the smoker really wants to, he said. Most get quick relief, he contends.

he said. Most get quick relief, he contends.

Beder instituted the use of hypnosis as a stress reduction method for air traffic controllers at Chicago's O'Harre International Airport. A pilot himself, Beder said he hopes that nationwide tress clinics for controllers will be the eventual result of the Chicago clinic.

The psychotherapist will use hypnotic techniques to convince participants of Jan. 6 "Great New Years" Gigarette Send-Off" to make this years stop smoking resolution their last.

The event, sponsored by the American Lung Association for smokers who really want to kick the habit, is 1-4 and 6-9 p.m. in Cobo Hall.

(Continued from page 1A)

Area girds for winter

(Continued from page 1A)
Farmington Hills DPW crews also depend on the police department to report road conditions.
"They're on the road 24 hours a day." Karolak said. "They know when driving becomes difficult." Of 230 miles of roadway in Farmington Hills, on miles are gravel streets which aren't treated with

salt.
Instead, the DPW spreads a slag-chloride mix.
"We've experimented with it the past couple of years and it's great," Karolak said. "We can't use it continually with curb and gutter streets because it's dusty and will plug storn lines."
The mild, chloride mix, at 6.93 a ton, is quick, efficient and has no killing agents like salt, Karolak said.

BEDER SAID he will also demonstrate how hypnosis has helped thousands of smokers throw their eigerettes away for growth of the production of the production of the process of the product of the process of the process of the product of the process of the process

many people lead healther, less stressnally espele lead healther less stress own less sowhing background music to reinforce his verber message. Thanging the sess sowhing background music to relife the less stress to the sessent less thanged to the sessent less of the sessent less of the power of the power less of the power less of the sessent less of the

rette habit.

ONE Of the problems of hypnotherapy, Beder said, is that some psychiatrists and psychologists still consider it a clown act. But more and more professionals are coming over to his side, the maintained.

There are some common elements of hypnosis for therapy and entertainment, he said. It talk to my client, with a repetitious sound. I tell them to watch their fingertips or another fixation point. It keep saying their eyes feel strained and are getting heavy and helt bodies are relaxed. Their imids before the said of the said of

"In trying to effect a change, intel-lect and logic are bypassed. You have

'Cigarettes are your enemy. They're out to destroy you. You'll be proud to be a non-smoker. Kissing a cigarette smoker is like lick-

- Barry Beder

an increased state of suggestibility."
Surprisingly, Beder said, there are more overeaters than smokers and 98 percent of them are women who have itself amay diets and gain back every pound they may have lost.

"Overeating may be a sympton of an agre and frustration," he contended. "The trouble is that people fight with the wrong weapons. Emotions may change from one minute to the next, but it can take a year to develop good attitudes.

"WORKAHOLICS and persons who are bored, lonely and frustrated have real problems and need help to figure

"WORKAHOLICS and persons who re bored, lonely and frustrated have all problems and need help to figure

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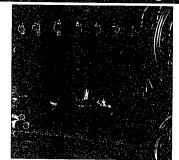
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