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Dr. Jude Cotter

OCC coeds take part in group hypnosis research

By Lorraine McClish
staff writer

"Group Hypnosis and the College Coed," the academic name put to a five-year study which will examine multiple factors related to success, is the first of its kind in the country and is underway at Orchard Ridge Campus, Oakland Community College.

"About 5,000 students on campus will be involved in this before the research is completed and so far the results are so positive it's rather difficult to believe," said Dr. Jude Cotter.

The positive results are in the areas of the students' desire to study, ability to concentrate, vocabulary, recall, self-confidence, goals, reading comprehension and retention.

Cotter reported on the tentative findings in an address to the American Society of Clinical Hypnosis Education and Research Foundation at Harvard University. The results showed a 64-97 percent rate of increase in these areas after students had been hypnotized.

All of the students involved in the research are members of Cotter's "Marriage and Family in Modern Society" class on campus.

"I had no trouble getting volunteers," he said. "The students seem to be getting kind of a kick out of being involved in a research project and 89 percent of them are very curious about the results."

COTTER, whose offices are in Quakertown Medical Arts Center in Farmington Hills, has the endorsement of North Central Technical Institute for his research project.

"It is hoped that the findings will provide immediate types of information for basic sex education programs in the 19-state region served by North Central," he said. "And information accrued over the longer period will set forth clear trends, forecasts and

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predictive data in the rapidly changing field of sex values, attitudes and problems."

Cotter holds two doctorates, one in psychology, the other in sociology. He is certified by the American Institute of Hypnosis and is a member of the American Society of Clinical Hypnosis and the American Association of Sex Educators, Counselors and Therapists.

He has worked in both research and hypnosis experimental projects for the U.S. Navy, the U.S. Marine Corps and the U.S. Department of Labor.

Of the latter he said, "I was working with youth in the inner city that the job placement people had given up on. It was such a success, and all group hypnosis has always worked so well, I started hypnotizing my students as a helping thing by giving them some post-hypnotic suggestions to instill a greater desire to study."

He has since taught his students self-hypnosis; says he has never prepared a student for the state bar examination who didn't pass it on the first try (in his private practice); and has a couple of students who have total recall of full paragraphs or pages when being tested with the use of hypnosis.

"MARRIAGE AND Family in Modern Society" has always been one of the most popular courses on campus. Since

Cotter started hypnotizing his students to eliminate an unwanted habit, firm up a goal or to get them to relax, there's been a waiting list for registration.

Cotter has taught at OCC since its beginning and says he rewrites the class he teaches through the college's psychology department every year as the morality of the times and society changes.

"We were always aware, vaguely, that somebody had a case of VD here or somebody had an abortion there, but we're at the point now where this type of information at the college level is critical," he said.

"If you think we've changed in the past 20 years, it will be speeded up that much and more in the next five. And somewhere along the line whatever we are doing in sex education isn't working."

He cited from cursory studies that indicate that more than one million sexually active teenagers in the U.S. use no birth control. Teens account for 46 percent of the nation's out-of-wedlock births and 31 percent of abortions.

The statistics continued showing that about three out of 10 teens who want abortions are able to get them. Better than half of the \$2.4 billion in Aid for Dependent Children payments go to

mothers who gave birth in their teens. Half of young teenage mothers do not finish high school.

COTTER's research will include evaluations of family background, sex information and education, family relationships, and hypnosis in class to find the answer to "whatever it is we are doing in sex education that isn't working."

"Thanks to the computer, and it couldn't be done without it, we can match up all kinds of information," Cotter said.

"First of all, it will give us a good picture of this society's make-up, something we just don't have."

"We can find out some far-flung facts, such as if masturbation has an effect on financial success in later life, or if the sexually abused child is going to make a good mother, or if hypnosis used to get rid of a phobia will still be effective two years from now, or if an unhappy childhood can predict a courtship pattern," he said.

"We know hypnosis can carry over into all areas of your life. And it's exciting for me when I see my students finding out how much control they have over their lives they didn't realize before."

"But how much lasting effect? How many will be using their self-hypnosis two years from now? What effect will it have on their lives two years from now?" he asks.

Approximately 1,000 students on campus now have agreed to the follow-up. Cotter will be making continuously through the next five years.

Cotter said no one is paying him to do the research project.

"This isn't part of my job. I'm just very anxious to get this all in the computer and start seeing some kind of pattern emerge," he said.



The research project undertaken by Dr. Jude Cotter is expected to provide information to create more relevant sex education in the 19 states served by North Central Technical Institute. The psychologist, sociologist, hypno-therapist and sex therapist is a resident of Farmington Hills whose offices are in Quakertown Medical Arts Center.

Farmington Community Center

Leisure, educational, social activities on the spring agenda

Registration for the Farmington Community Center's spring term runs from 6-8 p.m. Wednesday, March 16, in the center at 24705 Farmington Road.

The lineup offers a variety of leisure-time, educational and social activities and classes.

Examples of arts and crafts will be on display in the living room throughout the evening. Instructors will be on hand to answer questions about their classes.

Only in-person registration will be processed on March 16. Mail and in-person registration will be accepted March 17 and continue until class maximums are reached.

The spring session lists more than 100 classes, workshops and special events.

Included are classes in basketry by Scott Smith, miniature dolls taught by

Leis Bro, and Eve Edward's workshop on porcelain antique reproduction dolls.

Pat Donaldson will teach a counted thread design called blackwork, various types of Scandinavian embroidery known as hardanger, and candlewicking embroidery which uses colonial knots and other stitches for a unique design.

PEGGY FREEMAN will offer monogramming, machine applique, and machine quilting to create items for home use and decorative designs for garments. In a new four-session class she will teach sewing basics plus tips on applique, with students completing a skirt with applique pockets.

Also on the roster are two new workshops in which Freeman will teach the basics of counted cross stitch

and the creation of decorative boxes.

Additional needlework classes include crocheting taught by Diana Foster for beginner and advanced students, hand quilting techniques for various hand pieced patterns taught by Mary King, and knitting with instructor Gill Perry guiding students in the construction of an expensive-looking handknit garment.

In the art department Joyce King will offer advice and guidance to students of all levels in the use of oils and acrylics. Students with oil painting experience will receive the fundamentals of portraiture in her new class "Portraits in Oil."

Frank Lohan will provide a variety of skill-building exercises and class critique to sharpen skills in pen and ink sketching. Classes in watercolor will be taught by Ed Farhat who will instruct beginning students in two one-session workshops in basic materials, themes, landscape and portraiture. Marjorie Chellistop will teach advanced students to develop and expand watercolor techniques in her class beginning April 11.

Mary Bowman will offer a new series of workshops on Sumi-E Japanese brush painting to develop skills in brush stroke movements.

Beginning and advanced students of calligraphy will be taught by Sue Ebel.

INSTRUCTORS Barb Dermody and Judy Antishin share their expertise and recipes for all forms of entertaining. In addition, for the cook on the go, McCal-

lurn Associates will offer time-saving techniques in food processing and microwave cooking.

Bonnie Briedenbeck returns to the center with courses in natural foods for study of sugarless, meatless, non-dairy, additive free style of cooking. This course may be used as a prerequisite to macrobiotics offered at four different times during the spring.

Ina Tchen, a specialist of Chinese cuisine, offers a beginning class on the basics of Chinese cooking and the "World of Wonton" sharing recipes recently acquired during her trip to China.

The center continues to provide a variety of courses in self-improvement and development beginning with aerobics taught by Barb Burgess.

Two other movement courses are designed to improve posture and body control while providing a relaxed frame of mind. Tai Chi for beginning and advanced students is taught by Peter Roseman and Hatha Yoga by Kathleen Lund.

"A Smoke No More" series will be conducted by Phyllis Zieve Friedman to help even the diehard smoker give up cigarettes. Jeff Dailly will offer a class for adult children who want to help parents face changes and the problem of growing older in "You and Your Aging Parent."

Two workshops conducted by Dr. Dave Wartel will help students cope with chronic pain and to understand the reasons for fear and how to resolve it.

Salad is the topic for spring workshop

"Salads III" is the next workshop to be led by Judy Antishin in Farmington Community Center. The lecture-demonstration begins at 10 a.m. Wednesday in the center at 24705 Farmington Road.

All of the salads Antishin will prepare and serve come from recipes she acquired during her travels in the southern part of the U.S. where salads play an important role in meal planning.

They may be used as an accompani-

ment for formal dinner, a meal in itself, for outdoor entertaining or to bring to potluck dinners.

All of them are made with uncooked vegetables for maximum nutritional value.

Participants are advised to come hungry to enjoy sampling of each salad, which will be accompanied by rolls, beverage and a dessert.

Fee for Salad III is \$10. Reservations will be taken by calling the center, 477-8404.

Spring competition under way for area's student musicians

Two memorial awards are being offered this year to young musicians who enter Farmington Musicale's "Awards for Musical Excellence" competition. One is given in the name of Shirley Strey. The other is in memory of Sue McCallum. Both are pianists and both long-time members of the club.

These money awards, from the musical's Memorial Scholarship Fund, are an addition to cash awards that will be given to first-, second- and third-place winners in three age divisions.

Students in grades 7-12 who attend public or parochial schools in Farmington or Farmington Hills, or students living here but attending school outside the area are eligible to compete.

Applications, which spell out all of the rules of the contest, will be sent on request by calling Barbara Grover, 861-4604. Deadline for entry is April 1.

PIANISTS will compete Tuesday, April 19, in the Farmington Hills Branch Library, where the grand piano the club gave as a gift to the city last

year is housed.

Instrumentalists and vocalists will compete Thursday, April 28, in Harrison High School's Music Suite.

Applicants may enter one of six categories: brass, percussion, piano, strings, voice or woodwinds. But the voice category is limited to those in the ninth through 12th grades.

Selections played must be classical pieces, and the entrant must furnish an accompanist if the piece chosen to be played was written to be played with an accompanist. Performance time is from two-five minutes.

Memorization is required, and a copy of the music is also required for the judges in the closed auditions.

Farmington Musicale raises money for the scholarship competition through its annual rummage sale and some donations that are given through the year.

Purpose of the competition is to recognize individual performance and talent, and to aid the students' musical growth.



RANDY BORST/staff photographer

Easter Bunny pays a visit

The Easter Bunny will be in Prince of Peace Lutheran Church for two children's luncheons, one at 11:15 a.m. and the other at 2:15 p.m. Saturday, March 26. Michael Livernois (seated on the bunny's lap) and Brian Swanson got a preview of the fun and games the guest of honor is planning for the luncheon parties. Farmington Area Jaycettes, hosts for the luncheon parties, are planning for the party, premade movies, treats, animal balloons and "lots of surprises" for the guests. Reservations, at \$2 each, are necessary by calling Rene Swanson, 478-6749. Guests are invited to bring their cameras. Children must be accompanied by an adult. The church is on 12 Mile east of Farmington Road.