

Family violence can be curbed — with help

The growing social problem of violence in the home can be prevented or greatly curtailed, according to the Michigan Psychiatric Society.

"We as a nation do not have to passively accept the growing tragedies of child abuse and spouse abuse," said Dr. Melvin Bornstein, a Birmingham psychiatrist and psychoanalyst who is president-elect of the society.

"We have to somehow reach those people who have used violence — or have the potential to use violence — because they can't cope with the pressures in their lives," Bornstein said.

"We have to let them know there are alternatives to striking out and hurting those they love."

LINDA FEINFELD, M.D., a specialist in child psychiatry at Mt. Carmel Mercy Hospital in Detroit, added, "It is typically not a lack of love that leads to family violence but a lack of coping skills."

"Abusive parents rarely want to hurt their children," Feinfeld explained. "There are certain life experiences such as being abused as a child that make parents prone to abusing their own children. Violence occurs under stress-filled circumstances in which the parent feels provoked, and anger flares up," she said.

In the heat of the moment, if you feel you can't contain your anger, cool off by leaving the scene of the irritation. If a child is the target of your anger, leave the child with a friend, neighbor or baby-sitter, but leave the child away from the upsetting environment.

Craft tables for rental

Catholic Central High School's Mother's Club invites crafters to sell their work during a craft show set for Saturday, April 7, in the school at 14200 Breakfast Drive, Redford.

Tables will be rented for \$25 each. Deadline for the arrangements has been set for Saturday, March 17. Rental information is given by Sandy Davis, 477-2304.

TO HELP people understand the roots of family violence, the psychiatric society has developed a checklist of warning signs to identify those who have the potential to inflict violence on a child or spouse, as well as a list of preventive steps that can be taken.

Here are the warning signs of a potential for violence:

- You feel hopeless or helpless about your life circumstances.
- You experience feelings of anger out of proportion to the cause.
- You feel unloved or unlovable.
- You feel unable to care about or love someone else.
- You feel chronically depressed, hostile or frustrated.
- You feel little satisfaction in your life.
- You feel indifferent to other people in your life.
- You experience marked changes in your moods or personality.
- You were mistreated by your parents.

• You grew up with low self-esteem.

• You are or feel isolated from other people.

- You resent criticism.
- You resent your baby's crying or your children making noise.
- You feel deprived.
- You feel you have too many pressures and stresses in your life.
- You feel no one understands your problems.

IF YOU or someone you know feels pressures mounting and believe your-

self capable of striking out and hurting a child or spouse, it's time to seek help. There are many sources of help.

Relieve pressure by talking through your problems with a friend or clergyman.



Picked from field of 100

Farmington Hills teen-agers Kathy Kellor, left, and Kim Galasso, have qualified as members of the 1984 Fairlane Town Center Fashion Panel. The two were chosen on the basis of poise, personality and talent from a field of 100 who competed. Kellor is a sophomore at North Farmington High School and Galasso is a freshman at Mercy High School. Both are students at Sheryl's School of Dance in Redford.

If your problem is serious, you can learn new ways of coping with tension and anger through therapy with a psychiatrist or other mental health professional. Professional family therapy can solve upsetting behavior patterns that

cause friction in the family.

Develop a support system by joining a group such as Parents Anonymous, which teaches violence-prone parents how to avoid hurting their children.

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