

Suburban Life

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Rebirthing Tool for client and therapist

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'Manic depressive disease is really common in our society. These people are highly motivated workaholics. They exhibit a kind of behavior supported in our culture.'

— Dr. Sandra Landsman

MANY THERAPISTS require only a diploma and a couch. Dr. Sandra Landsman does some of her best work with a hot tub.

And though most therapists aim to get down to basics and evaluate past experiences, Landsman goes further, using regressive therapy that takes the client back to prior ages, even to a time before they were born.

"What I'm looking for is a release of memory in cellular energy," Landsman says. "It's a form of self-hypnosis."

"DNA carries memory. We know that, and more. An awful lot of things are happening in the scientific fields now."

Landsman, who treated adult schizophrenics for a number of years, has broadened her work to patients with affective disorders. Beginning around 1975 her work has largely been with manic depressives.

"We try to look at those patients from the neurotic to the psychotic spectrum," she said. "Manic depressive disease is really common in our society. These people are highly motivated workaholics."

"They exhibit a kind of behavior supported in our culture."

THOSE WHO suffer manic depressive disease exhibit wide swings of mood and behavior, but often the instances of depression or manic behavior are far apart in time.

"This makes it difficult to diagnose," said Landsman, who adds some of her colleagues wonder whether diagnosis is vital. "I think it is."

Other problems in helping manic depressives come because they frequently change doctors and often can't remember a depression or a suicide attempt.

"They're not good reporters of their own condition," said Landsman. "But there are lots of indicators such as the form of their language. A manic depressive will frequently say 'I ran all over town, and use many metaphors with motion in them.'"

"They tend to have few close friends, but many acquaintances."

For her, the vital thing to impart to patients, whatever their disorder, is that "there is life after therapy."

"Therapy takes place in the real world, it cannot take place in a vacuum."

Landsman, after years of study and work, has now put her philosophy and findings into a book published last year: "Found: A Place for Me: The Development, Diagnosis and Treatment of Manic-Depressive Structure."

The Farmington Hills resident found the self-publication syndrome an education in itself: learning how to prepare a manuscript for a typesetter, how to wait patiently when each error took a week to correct and dozens of other roadblocks.

IN THE CASE of "Found: A Place for Me," she was fortunate enough to have family support and help too.

Her husband, Rodney Landsman, a former art teacher who once taught adults in Southfield, designed the book cover and a number of graphics for it. Landsman said she wrote it with pen on a legal pad, then "talked someone into putting it on the word processor for me."

"I can knock out three pages in an hour, but I've never disciplined myself to use the word processor," she said.

She adds she writes well in the home house in the Landsman country home,

just three hours away.

Landsman has a bachelor of science degree in psychology from Wayne State University, a master's in guidance and counseling from the same school and recently completed her doctorate. Both native Detroiters, Landsman and her husband have four children.

"For the therapist, it's exciting to see people start to do things, to adjust enough to have a career change or begin to cope in other areas of their lives," says Landsman.

"Right now the newest 'hot' diagnosis is multiple personality. Some is linked to abuse and some people begin to develop different personalities in utero."

A year ago, Landsman was interviewed for an article published in a professional journal on "Aquatgenesis" the prenatal regressive work she has become interested in.

"I've seen people resolve problems much more quickly in prenatal work," she says.

"I'VE SEEN people resolve psychoses, serious problems, in a couple of years, rather than six or seven."

The aim of rebirthing is to help the patient reach back into his or her unconscious to recall early-life traumas in order to confront them and put them into perspective.

Two methods of rebirthing therapy are used, dry rebirthing while dressed comfortably and lying down, and bathtub rebirthing using water as a stimulus to help the patient regress.

All rebirthing techniques are based somewhat on a gentle, rhythmic breathing technique developed by Leonard Orr, rebirthing's founder.

Both the theories and treatment have detractors, Landsman points out, but she adds she has trained as many as 75 social workers, psychiatrists, psychologists and psychiatrists in how to apply it.

For Landsman, embracing the

unorthodox is not unusual, nor does it intimidate her.

Included in acknowledgments in her book are clients to whom she declares: "I'm particularly beholden to my clients. In their struggles for survival, they entrusted me with the delicate threads with which they clung to life. 'The tales of their lives are woven into the fiber of this book.'"

THEN SHE BEGINS, right from the start with prenatal development, trimester by trimester describing the impact of each developmental stage and into infancy with the child bonding in a new way to mother and family.

With a colleague, Maxine E. Loomis, Landsman has identified five stages of treatment for manic-depressive disease: getting down to basics — lowering defenses; cleaning up your act — decontamination work; breaking up that old gang of mine — exclusion work; making it work — integration; and a place for me — Resolution.

Landsman believes that rebirthing work there's the time when "with confidence and grace the work is complete."

"During the process, what was destructive behavior is changed toward a natural healthy response to life."



Kiss Your Baby

"Kiss Your Baby" is the message from the Metro-Detroit Cystic Fibrosis Foundation to increase public awareness of the country's number-one inherited killer of children and young adults. Arlyne Parrish, kissing her daughter, Ashley, is the wife of Lance Parrish, premier catcher for the Detroit Tigers. The couple have been active volunteers for the foundation for a number of years and this year she is serving as

chair for Cystic Fibrosis Week (Feb. 9-15). Kiss your baby in a quick and easy way to make a preliminary test for the inherited lung and digestive disease, because one symptom is an excessively salty taste to the skin. Early diagnosis and treatment can be the key to a better life for children. If the kiss tastes salty, call your doctor, or the Cystic Fibrosis Foundation, 552-9818.

Bright future

Local economist paints rosy picture for '86

Imagine an economy with low inflation, low unemployment, booming construction, low interest rates, lower government deficits, lower oil prices, greater U.S. exports, lower taxes and more money to be put aside for one's own financial future.

Some of the phenomena are happening now and, according to local economist Steven Zimberg, "We are in the process of embarking on a very healthy future."

Most government statistics, as well as economists, still produce depressing figures. The Commerce Department's Bureau of Economic Analysis (BEA) statistics read that personal savings rates, as a percentage of Gross National Product (GNP), have averaged less than 3 percent annually over the past five years with little hope that they will do otherwise.

Zimberg argues that personal savings are now ready for strong yearly increases.

"The reason for this perceived decline in savings is that as a result of double digit interest rates during the past five years, corporate pensions have earned very attractive returns and therefore have been able to contribute less toward their committed retirement benefits," he said.

Corporate pension fund contributions represent a significant share of personal savings. In 1983, the last year for which full data is available, they were about \$65 billion, more than half of the \$118 billion saved by the nation's households.

Most corporate pensions are defined-benefit plans and commit to pay benefits determined by a retiree's salary history and length of service, without regard to how much the pension fund earns or loses on its investments over the years. The higher the earnings of the assets funding the plan, the lower are the contributions needed to meet the obligations.

"The surge in returns has encouraged many companies to reduce their current payments into the funds, thereby reducing current personal income below what it otherwise would indicate," Zimberg said.

"IT IS THE federal government with its big budget deficit, through its annual rate of nearly 5 percent of GNP, which has greatly distorted our economic indicators."

"With the high inflation and interest rates personal households are just happy to have survived. Now that interest rates are lower, corporate pensions will contribute more to personal savings while

at the same time individual savings will start rising again due to a strong feeling of planning for financial independence, IRA's and Keogh plans, 401K programs are being purchased at record levels," he said.

That, with profit sharing and pension plans, has brought this tax-exempt savings level to more than \$1 trillion and by 1990 this source will be more than \$4 trillion without including the interest.

Meanwhile the media have made many aware of the importance of financial planning and some institutions have entered the financial planning area and are providing personalized financial plans at either very low rates or for free.

Simultaneously tax rates have declined giving greater incentives to invest.

"And there has been a tremendous shift from the public sector by restoring nationalized companies and industries to private hands," Zimberg said.

"As our economy continues to gain strength and the tax rates continue to decline, overall taxes will actually increase helping to reduce the mounting

federal deficit."

ZIMBERG PREDICTS U.S. record trade deficits will improve as the quality of domestic cars increase and as other countries make their markets more accessible to imports through the gradual reduction of their trade barriers. And, as foreign currencies gain strength, U.S. exports will become more competitive abroad.

When asked whether he thought the stock market accurately reflects this economic boom, Zimberg says he sees a strong upsurge during 1986 and again in '87.

"The stock market has a long way to go because of the quality of corporate earnings and our gradually improving world economy. These companies are now leaner, more competitive, have lower inventory levels and, as interest rates continue to decline, business will restructure their short-term debts for cheaper long-term obligations. This will generate more cash flow for future spending and savings. This is why the market is up significantly while profits are still down," he said.

The price-earnings ratio is also a good guide.

"The ratios are significant because they can raise the stock's share value even while actual profits have not increased," he said. "For example, the market has doubled since mid-82 on earnings growth potential and not on actual earnings. So we don't need rising corporate profits for the stock market to continue rising. The market is still adjusting to the new reality of low inflation and falling interest rates. Any increase in corporate profits in 1986-87 would be a terrific boom, because it would create a double effect of rising earnings and rising price earnings ratios."

"If the climate is right there is no reason why the ratios cannot regain the heights they reached in the '60s, which would translate into several hundred more points on the Dow Jones Industrial Average."

ZIMBERG is a Farmington Hills resident and president and founder of Asset Advisory Services in Franklin. He follows the Austrian school of economic thought providing financial and investment counseling on a fee-only basis. The firm does not share in product commissions.

Area Home Show returns to Mercy

More than 50 booths related to home construction, modernization, decorating, outdoor living and energy conservation make up the Farmington Area Home Show, Friday through Sunday, Feb. 14-16 in Mercy Center, 11 Mile east of Middlebelt.

Show hours are 5-9 p.m. Friday, 10 a.m. to 7 p.m. Saturday and 11 a.m. to 4 p.m. Sunday. Admission is free.

Now in its fifth year, the area home show continues to expand and improve, according to Jack Woodworth of H.A. Smith Lumber & Supplies, who is the show coordinator.

"This is not a selling show, but rather a chance for both contractors and con-

sumers to view the latest methods and materials used in home construction with a strong emphasis on energy savings and outdoor living," Woodworth said.

"The attractive, informal setting and large well-staffed booths at the conference center allows us to give more attention to each individual's questions and problems than is possible at a show such as in Cobo Hall," he said. "The past four years have brought many favorable comments about the quality of our show from those in attendance."

The show is sponsored by the participating companies who have furnished door prizes for the show-goers.

Volunteers are sought

The staff of Farmington Community Center is looking for volunteers to help with hosting, cable filming, house-keeping and clerical duties. The center is a non-profit, educational, cultural and social activities center at 24705 Farmington Road. For more information, call 477-8404, from 9 a.m. to 5 p.m. weekdays.

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<p>Berkley Berkley Flower Shop & Greenhouse 3071 W. 12 Mile Rd. 544-4500</p>	<p>Livonia FRENCH'S Flowers & Gifts 3385 Five Mile in the new Civic Center Plaza 427-7820 FTD All Major Credit Cards</p>	<p>Plymouth Flowers by FRIENDLY PERSUASIONS 433-8290 Formerly Heidi's Gift Basket Florist</p>	<p>Southfield Dorsey Florist, Inc. 29201 Southfield Rd. 552-0040 FTD Major Credit Cards</p>
<p>Birmingham Moss-Lipinski Florist 151 S. Bates 646-7272 FTD All Major Credit Cards</p>	<p>Valentine's Day Feb. 14th Surprise your special someone with flowers or a plant from one of these local florists. Most of the florists feature one or more of the nationally known wire services.</p>		<p>Southfield Gifts of Nature in Evergreen Plaza 12 Mile & Evergreen 559-5424 Major Credit Cards</p>
<p>Farmington McFarland's Florist & Greenhouses 28915 Grand River 474-0750 FTD Major Credit Cards</p>	<p>Garden City FRANCINE'S FLORAL ACCENTS 10% OFF 1175 Wauwatuja W. of Dexter Rd. 427-8870 FTD Teleflora</p>	<p>Redford Twp. Flowers by Sandino 25801 Plymouth Rd. 937-1120</p>	<p>Westland Blevin's Flower Shop 8018 Middlebelt 477-4110 Major Credit Cards</p>
<p>Livonia AAA Florist Wonderland Shopping Center Vase Arrangements as Low as \$9.99 Teleflora Major Credit Cards</p>	<p>Livonia Livonia Florist Merri-S Plaza Major Credit Cards Accepted FTD TELEFLORA 422-1313</p>	<p>Rochester Daily Delivery to 87 Cities Holands' FTD FLORIST & GIFTS 508 MAIN ST. DOWNTOWN ROCHESTER Churn by Phone 800-828-8310</p>	<p>West Bloomfield Orchard Michaels 4319 Orchard Lake Rd. Pine Lake Mall 855-5408</p>
<p>Livonia Bartel's Flowers 39089 Plymouth Rd. 464-1000 Charge Cards by Phone Teleflora</p>	<p>Livonia PLAZA FLORIST & GIFTS 37287 W. Six Mile 464-7272 Located in the Mid-Mall NEWBURGH PLAZA</p>	<p>Southfield CHAMBERS UNICORN GARDEN 29487 Northwestern Hwy. 356-9310 Teleflora Major Credit Cards</p>	
<p>Livonia CARDWELL FLORIST 32140 Plymouth Rd. 1/2 Mile W. of Merriman Open Every Sun. 10 a.m.-3 p.m. BALLOON BOUQUETS FTD 421-3567 Teleflora</p>	<p>Livonia Susie's Flowers & Gifts 37613 S. Mile Rd. 464-4588 Specializing in Oil Paintings AFS FTD</p>		