

Suburban Life

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Research in hypnosis

Single session hypnotherapy proves effective 5 years later

By Lorraine McClish
staff writer

DR. JUDE COTTER and his son John Cotter presented a research paper before the American Society of Clinical Hypnosis this spring which revealed what they called "overwhelming results" in one-session hypnotherapy.

It is not unusual for Dr. Cotter to be invited to appear before a professional body. What was unusual and

meaningful for him was that his son was joining him for the first time in the research as well as on the dais and that the research proved to be so startling in its findings.

The most dramatic example of all for the Farmington Hills doctor concerned a girl, blind for four years. It was believed there was an emotional component to the blindness, which is sometimes called "hysterical blindness." Cotter hypnotized her once, taught her self-hypnosis and gave her a taped cassette of

that personalized session for her to replay.

"The very next day her mother called to say that she could see," Cotter said. "In 34 years of teaching and counseling I have never experienced anything like that."

"There is a very scientific word for that happening," he said. "The word is 'miracle.'"

"The mini miracles along the way in the research were so unbelievably positive we were afraid no one would believe us. I almost wish someone would challenge us."

COTTER HAS one doctorate in psychology and another one in sociology. His initial work in hypnotherapy was in helping chronic pain patients. With the tape of the patient's one session of hypnosis with them at all times, Cotter called it "having a counselor in your pocket."

As health care providers became aware of the help patients received from their taped hypnosis they asked if they could also learn these techniques. This started a series of workshops to teach professionals how to deal with a burstout of sorts — or what Cotter called "how the helpers can help themselves."

The single session hypnotherapy spread to retreats for couples to achieve a better sex life and love relationship.

Whether the single session was given to individuals or to groups the

method was the same.

But for the research itself, "The overall goal," John Cotter said, "was to determine the effectiveness of a single session of group hypnosis in achieving personal and professional goals for individuals."

"All persons in the group were given cassette tapes to re-experience that single experience. We hypothesized that the individual would be able to utilize effectively the personal and professional post-hypnotic suggestions at statistically significant levels during and after a five-year period of time."

From questionnaires immediately following the hypnosis, and then yearly follow-ups, 1,000 subjects have given up to 90 percent positive responses in the experiential and insight areas.

"What this means," John Cotter said, "is that these participants have been able to open up to new experiences and have gained greater insight."

"When a person can be taught how to constantly identify areas for personal growth, expand awareness and have personal insight, something very powerful has taken place."

"What has become increasingly clear to us is that single session hypnotherapy training, with a recording of the session, is a power training device and would appear to hold many opportunities for creative interventions."



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— Jude Cotter

DR. JUDE COTTER and his wife, Margaret, own and operate Farmington Hills Counseling Services at 35820 13 Mile Road.

John Cotter is the oldest of the couple's five sons who grew up in Farmington Hills. He is a graduate of Michigan State University and got his master's degree in counseling from Florida State University. He is now a doctoral candidate and a teaching fellow at Penn State Uni-

ersity, and just recently joined the family business. He will become a member of the American Society of Clinical Hypnosis when he receives his doctorate.

Jude Cotter calls his method of counseling "Eductec." "I believe in short term therapy. I am constantly looking for new ways to improve and I keep changing my techniques. There is so much yet to be done."

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430 walk against hunger

MORE AREA RESIDENTS were involved in the CROP Walk Against Hunger this spring, and more money was collected for Church World Service, the non-denominational relief organization of the National Council of Churches.

A total of 430 walkers set off from First United Methodist Church of Farmington Sunday afternoon to follow a 10-kilometer route. Another 75 people manned the registration desks and checkpoints, and did all the other arrangements to make the walk possible.

"We were just short of \$18,000 last year so the goal was \$20,000 this year and I know we made it," said Paul Schikora, who coordinated efforts of the volunteers who came to work in the church basement.

"The cold and the snow didn't seem to deter anybody," Schikora said. "If our walkers said they were coming, they came. The snow might even have been a challenge for them."

SOMETHING NEW along the route this year was a Salvation Army caravan, brought by Lt. Jonathan Rich of the Farmington Hills Salvation Army, which dispensed hot cocoa and coffee to the walkers.

Now among the walkers were 70 Oakland Community College students, all newcomers to the CROP Walk, recruited by Orchard Ridge Campus minister Rose Kopczenski.

"The students were impressed with the work of Church World Service and how it dispenses its funds," Kopczenski said. "It's about as honest a group as you can find for a help organization. The vast majority of the workers are volunteers and only 8 percent of the funds are used for management and the necessary ex-

penses. This is an extremely small percentage if you ever dug into this kind of thing."

CHURCH WORLD SERVICE provides relief and money for development in 70 countries.

Whatever amount is collected locally, 75 percent is forwarded to Church World Service and 25 percent is used locally.

This year that percentage will be divided equally among Baldwin Community Food Kitchen in Pontiac, Farmington Head Start at Alameda, the Farmington Hills Salvation Army and Neighborhood House of Farmington Hills.

NEIGHBORHOOD HOUSE is new to the list. It is housed in the local Salvation Army Corps, but is a separate entity. It was opened by area residents who were concerned with the government red tape that individuals or families had to work their

way through before they could get some kind of relief from their problem.

Cheryl Carter is Neighborhood House's one-woman office. She is cutting through the red tape, doing the job that was intended. But far and away the biggest problem that comes to her is the need for shelter, she said.

"On one day I was awakened at 2 a.m. by the Farmington Police looking for shelter for a man they had found sleeping against a building. Before noon that day I had found shelter for four homeless persons right in this area," she said. "Money from the CROP Walk helps keep the doors open here."

The walk Sunday was the fourth annual CROP Walk for Farmington and Farmington Hills, initiated by local churches. Last year the churches of West Bloomfield merged for the walk, which made a total of 18 churches involved.



Photos by Brian Tavelson



Walkers stopped for ice water and orange slices at Check Point 2, above. At left Marcia and Bob Van Hanne get their cards punched on the half-way point of the 10 kilometer route.



Laureen Fleming and her mother, Liz, and Kim Alexander and her mother, Erica, enjoy the sudden fall of snow.



There were 340 walkers who signed up and there were 360 walkers who showed up, in spite of the sudden change in the weather. The parade of walkers on Grand River is nearing Power Road.

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