

# COMMUNITY LIFE

THURSDAY, MARCH 9, 1995



JUDY KERR

## Hypnosis suffers aura of mysticism

**A**s a certified hypnotist with a psychology degree and nursing background, I am often asked numerous questions regarding hypnosis and my work.

The term hypnosis is derived from the Greek word "hypnos," which means to sleep. Although a misnomer, since people aren't actually asleep during treatment, attempts to rename this phenomenon to a more accurate terminology have been unsuccessful.

Approved by the American Medical Association and American Psychiatric Association for therapeutic use since 1958, hypnosis sometimes remains shrouded in an aura of mysticism.

Fallacies regarding hypnosis are as numerous as ants at a picnic and almost as difficult to eradicate.

The formal concept of hypnosis has existed since the late 1800s. Awareness of the mind-body connection was recognized by many of the world's most ancient civilizations. Ancient Egypt, classical Greece, and China as well as Hindus, Chaldeans, Celts and others were aware of the power of suggestion to heal. This realization still prevails in certain areas of the world today, which are bereft of modern medical facilities.

Unfortunately, a variety of fears and misconceptions prevent individuals from pursuing hypnosis as a viable alternative or adjunct holistic therapy.

A few noted erroneous concepts, not infrequently promoted in the media, are the client entering a strange, altered state of awareness from which he or she never returns; losing the mind; being taken over by someone else; and committing

See HYPNOSIS, 12A



SHARON LEMMON/STAFF PHOTOGRAPHER

Literary laugh: Gail Felker and Maria Abulnar, both of Farmington Hills, share a lighthearted moment during a critique of Abulnar's work at a recent meeting of the Ridgewriters at the Visitors Center in Heritage Park.

## Ridgewriters get their words' worth



By BETH SUNDRLA JACHIMAN  
STAFF WRITER

That's write: The Ridgewriters of Farmington Hills meet to read and critique their writing in the hopes of getting it published.

By all rights this should be hard work. Writing has been described as being so taxing as to bring drops of

blood to the forehead. And reading that material out loud to others can embarrass even the most foolhardy of people.

But a writers group meets regularly in Farmington Hills to read

creative writing pieces and to critique them.

For many people, writing is almost as terrifying as public speaking. For the Ridgewriters, it's a lighthearted, often enlightening experience.

At a recent meeting members gathered around a long conference table and one by one read their current compositions.

Maria Abulnar of Farmington Hills read two poems, "Quiet Comfort" and "Dance of the Ice Crystals,"

"Dance of the Ice Crystals," based on a recent snowstorm, elicited praise from the other members, but that didn't mean they didn't have suggestions for improvement. "I would change 'by' to 'like,'" commented Irene Stetten of West Bloomfield.

"What's a parquet?" asked Leon Schoicht of the line, "Tapping their rhythm on nature's parquet."

It's a floor, "you dance on it like

See WRITERS, 10A

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