

Psychiatrist's life is full of variety

By JACKIE KLEIN

The life of a psychiatrist is like anything and everything you can imagine.

Dr. Herbert Raskin, a dark, slender, young looking 56, sat behind the desk of his plush office, puffed a cigarette through a plastic filter and debunked some age-old stereotypes about psychiatrists.

"For starters, let's get the cliché 'some people are parents and others have children' out of the way," he said, his eyes smiling behind his dark rimmed glasses.

"Now, we'll destroy a stereotype. A psychiatrist, contrary to popular opinion, is a person, a human being like anyone else. We grew up the same, we were raised by our parents, reached adolescence, and hopefully maturity, and now we're married and raising our own kids."

DR. RASKIN said when he got through medical school, he decided psychological functions were more in-

triguing than the physiological. His curiosity prompted him to learn more about the human mind so he took psychoanalytical training.

"My education and experience made me get on a couch and take a good look at who constitutes me," he said. "It was a tremendous help. But I'm a person first who happens to be a psychiatrist and psychoanalyst."

How do friends look at a psychiatrist? Do they try to get free advice? Dr. Raskin said he's no different than any other professional in a social situation.

"A lawyer perks his ears when the conversation touches on legal matters," he said. "I don't mind discussing social subjects, but I don't appreciate having my brains picked and I won't give pseudo treatments at a dinner table."

"My friends don't relate to me as a psychiatrist except on a professional basis. If they have a problem, they may come into my office and I'll refer them to the right person."

A PSYCHIATRIST listens to the whole gamut of human problems and deals with emotions every day. Does he carry it home with him? Dr. Raskin believes a good psychiatrist or physician is committed to his patients, but he doesn't allow his interest to become an obsession.

"I keep a strict delineation to where I stop and the patient begins," he said. "Any doctor who can't do that, runs into trouble. It's not a matter of turning your patients off. But it's essential to maintain balance."

Yes, psychiatrists sometimes get nervous, said Dr. Raskin. It depends on the content of his day, how stressful it was and how hard he worked.

"How you feel depends on a host of human emotions within yourself," he said. "Psychiatrists are human beings with all the living problems of every one else. But we have to work hard to keep these feelings out of our professional contacts."

"I've been married 33 years to the same woman and I have four children. My professional activities are a part of my existence. If I allow my field of gainful employment to interfere with everything else, I'm asking for trouble."

"Balance is the key. Like the Greeks said, 'Remember, nothing to excess.' Sure I have emotions like anger, fright and apprehension like every human being. I hope I can deal with my feelings and tune in on them faster. But these emotions are coming from only one place and that's my thinking."

IF YOU'RE angry at your spouse or your kids and you change your thinking, you'll find yourself laughing instead of being ready to kill, he said. Emotions aren't what persons perceive but how they interpret them and react, he maintains.

Dr. Raskin began observing himself with innate introspection while still in high school. He asked, "How come and what does that person mean?"

"I still move in that direction and try to get an individual to look at what he or she is saying and evaluate it. Maybe the person says one thing and means something else. When he thinks about it, he says, 'Good God, you're right.'"

Another myth Dr. Raskin debunks

is that most psychiatrists really don't listen to their patients. He believes the ones who don't are doing a marked disservice to the person who wants to be heard and helped.

"The joke about the psychiatrist waking up so he can see his next patient is a silly generalization," he said. "A person comes to a physician or a psychiatrist because he's met with something he can't handle himself. He needs help and I want to know first why he's here."

"WHAT'S UNIQUE and individualized about this patient at this particular time? What made him decide to contact a consultant?"

Whether or not treatment is indicated depends on the situation, he said. It doesn't matter what school the psychiatrist follows as long as he determines what methodology the patient needs now, he said.

"Most people think talking out one's problems is the best therapy," he said. "But talking can be harmful. It depends on how much, what kind, what the difficulty is and how the patient approaches it."

Contrary to public opinion, few patients lie on the couch during treatment, Dr. Raskin said. Sometimes the relationship is face to face or across the desk. He does whatever is clinically indicated and uses certain criteria which differ from person to person and from treatment to treatment.



Looking for beautiful...
BATHROOM ACCESSORIES?
Vanities - Medicine Cabinets - Sinks - Mirrors
Complete bathroom design and construction
Lovely accessories for your home decor
Interesting features for both bath and the home!
LIGHTING FIXTURES & LAMPS
For the Entire Home!
Over 400 on display
Priced from \$7.95 to \$895.00
Why Not Come In & Browse At Our
Custom Gallery & Lighting Studios
24300 Telegraph Rd. - Southfield
Between 9 and 10 Mile Aves.
Phone 356-6688

McDevitt's Summer Sale

20% OFF
STATIONARY AND
SELECTED CLOTHING

**DISCOUNTS
UP TO 50% OFF**

McDevitt

7 Mile Farmington Road 478-0707
Northwood Center, Royal Oak
Eastland Center Concourse, Harper Woods
Universal City Mall, Warren



"Baldwin's again says it is incomparably superior to all others."
— Joe Trubie

BALDWIN CONSOLE Piano Sale

Artistic quality at a budget price. This beautiful Baldwin Italian Provincial Console in hand rubbed walnut case has never before been available at this low price. This made possible only through the off season factory program in this one month. This piano is the famous Acipson's Full Flow Action.

TERMS—LAYAWAYS—TRADE-INS

Smiley Brothers

Detroit
5510 Woodward Ave.
1 Mi. N. of Art Museum
878-7100
Open Sat 9-5:30
Open Daily 9-5:30

Free Parking
Open Sun and Even
by appointment

Birmingham
1010 N. Hunter Blvd.
MI 7-1177
Open Sat 9:30-5
Open M-F 9:30-8:30

O.K. TILE SUMMER CLEARANCE SALE

Entire Inventory Reduced
Paneling, Tile, Ceramic—Sheet Goods

NASCO PURE VINYL FLOOR TILE No Wax Was 89¢ sq. ft. NOW 59¢ sq. ft.	VINYL ASBESTOS FLOOR TILE From \$5.79 box To \$15.95 box First Quality Name Brands	PANELING 4'x8' Vinyl Veneer—\$2.99 1/4" Wood — \$5.99 3/16" Wood — \$3.99
CERAMIC FLOOR & WALL TILE 1"x1" — 49¢ sq. ft. 4 1/4" — 49¢ sq. ft. Fancy Patterns From 79¢ sq. ft.	ARMSTRONG VINYL SHEET FLOORING From 6" sq. yd. WE DO INSTALLATION	QUARRY TILE 6"x6"x3/8" — 98¢ sq. ft. Slate — \$1.29 sq. ft. Black or Multi Color

WE DO INSTALLATION ON ANY MATERIAL

O.K. TILE CO.
1614 S. WOODWARD, Corner of 10 Mile Rd., ROYAL OAK
542-2525
OPEN: Mon. & Fri. 9-9 — Tues., Wed., Thurs., Sat. 9-6, Closed Sun.

OF SEASON CLEARANCE SALE!

10%-20%-30% OFF ALL

POOL SUPPLIES: games, toys, balls, rings, goggles, wading pools, life preservers, surf boards

CAMPING EQUIPMENT: camp stoves, lanterns, sleeping bags, backpacks, sportsman's blanket

LAWN GAMES: tetherball, badminton, ring toss, volleyball

25% OFF ALL TOYS
Dolls • Trucks • Games
Models • Stuffed Animals • Crafts


LIVONIA True Value HARDWARE

5 MILE ROAD
at FARMINGTON ROAD

DINERS CLUB

PHONE 937-1611 GA 2-1155

OPEN DAILY 9 a.m. - 9 p.m.
SUNDAY 10-3 p.m.



"The Future of Living is Here"

— THAT'S WHAT EVERYONE SAYS —

1900 to 2700 SQ. FT.
NO COMMON LIVING WALLS
SINGLE FAMILY DENSITY 2.3 TO ACRE
AIR CONDITIONED
PRIVATE ROADS

Clubhouse on the Lakes

CLUB HOUSE WITH HEALTH SPA
SWIMMING POOL 20' x 50' FREE FORM
WHIRLPOOL BATH
2 TENNIS COURTS
2 LAKES
\$71,900 to \$86,900

S.E. CORNER OF LONG LAKE AND MIDDLEBELT ROADS
BLOOMFIELD HILLS SCHOOLS

COLEMAN DEVELOPMENT CO. BUILDERS-DEVELOPERS

626-4580 MODEL