Class explores 'erroneous' zone

Are you ready to explore your Erroneous Zones?" Are you in the middle of one of those "Passages" in your life, made famous by a bestselling book of the same name? Some Southfield people are involved in helping people deal with their rerroneous zones" and "passages" at the Continuum Center at Oakland Chiversity. The center is offering two January pergrams that apply these self-help programs called the self-help programs called the program of the programs of t

Okalano Center on Ordanara Curiveran, campus.

Jim Reiter, a Southfield attorney, is on of the trained group leaders who can be considered to the control of the control of

A Second Southered cooper of the program are Jim and Judy Hoppin.

Continuum Center counselor, Judy Schneider of Franklin, will lead the West Bloomfield program, along with coordinator Kitty Dubin of Birmingham, and Frank Saylor of Franklin.

"People come to our program because they really are going through

the kind of passages described by Gail Sheehy in her book," said Ms. Schnei-der. "It may be a very specific pas-sage like facing a divorce or a new job, or it may be a search for new options."

There's also been a lot of talk about the book "Erroneous Zones" by Wayne Dyer, and those zones are real, according to the Franklin counselor. She explained that when people work in a small group with trained leaders, they learn a lot of things about themselves. They learn that persons are their own basic resource, and have capabilities to be developed, and can learn to express their feelings.

Women often find themselves mov-ing toward the world of work, said Ms. Schneider, while men often find them-selves moving toward the world of people.

Personal growth programs offered by the center are designed by a trained staff of psychologists and coursefors and are partially funded by the National Institute of Mental Health and the Department of Health, Educa-tion and Welfare.

For more information on these programs, phone the Continuum Center at Oakland University in Rochester or phone 577-3033.



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