

Counselor explores self-defeating behavior

By LORRAINE MCCLISH
Counselors who work in Oakland Community College's Orchard Ridge Campus have discovered that many students hurt themselves with habits that are self-defeating.

High on the list of these practices are procrastination, dependency, overeating, and what Professor of Counseling Neil Austin calls "temper-tantrums."

Because all these practices run counter to the school's overall human potential and human growth programs, Austin has devised a new course called "Eliminating Self-Defeating Behavior."

The course, he says, "is for all normal people who sometimes can verbalize what they know is wrong and sometimes just sense that there is a pattern taking them down the wrong road."

THE NEW COURSE is a spin-off of the successful human potential seminars in the school which zero in on taking the responsibility for one's own actions and ultimately gaining control over one's life.

Austin singles out fear of failure as one of the most common anti-growth characteristics he sees. He gives the example of the student who doesn't turn in the term paper for fear it won't be good enough. By not turning it in, the student avoids the criticism.

Then there is the woman who won't lose weight because even if she does go to all that trouble, she is afraid she still won't look like Farrah Fawcett-Majors.

Meanwhile, the individual is blaming his wife, his kids, the weather, the car, or whatever he handy.

"I had one kid tell me if the school didn't have vending machines in the

hall he wouldn't have to pass by them and buy the Hershey bar," Austin said, "and that is not as far-fetched as it might sound."

AUSTIN WANTS no more than 15 in any one of his classes that meet in a round-table format. He stresses that "no one is anybody else's shrink. This is not group therapy. The person is his own textbook. The teacher helps with techniques that are devised to help the individual see themselves, build and grow as they choose to grow."

The professor said that many self-defeating behaviors are not necessarily traumatic ones but they can build up to a pressure-packed situation if left unchecked.

He gave the example of a woman who snuggled at her children one evening; the little ones left for school in an unsettled state and she felt guilty all day long.

"We all lose our temper once in a while, but that pattern can persist to where mother is now acting out-and- out temper tantrums," he said. "We can control this by identifying what it is, then working to combat it, because all behaviors are controllable. We hear a lot about black power and gray power, but it seems that the power to make us better, one that we all have, is the one we use least."

"Yet the price, the painful price, that we pay is that: I get acne, I flunk out, I can't get a job, I am depressed, I am a failure, I get an ulcer, I have a lower income than he does," Austin said.

A HAPPY NOTE along the way was Austin's statement that the program is certainly helping one group.

"The adult woman who is returning to school is now blowing the top out of our grade point averages."

Austin feels the school's human growth programs had a great deal to do with combating the adult woman students' most common self-defeating behaviors.

"She was suffering from dependency. She was suffering from anxiety and inferiority and she was playing a competition game. When she got over these hang-ups, she became, and is now, the best students we have," he said.

Austin refers to all of his students as "my kids" though the kids run from 17 on up to no limit.

The summation of it all is: "To learn to pick and choose, get in control of your own lives and begin to live the person you want to be without stomach-aches or guilt."

"Eliminating Self-Defeating Behavior" begins with the spring term May 3. Registration is set for May 1-2.



NEIL AUSTIN

Business and civic leaders join arts advocates in Lansing meeting

Business and civic leaders from throughout the state will join arts-interested Michigan residents in a conference focused on advocacy for the arts from 9 a.m. to 4 p.m. Tuesday, March 7 at the Kellogg Center in East Lansing.



ROLAND SHARETTE

This is one of seven one-day issue sessions leading up to the first Michigan Congress on the Arts in Detroit June 15-17.

The advocacy conference is led by committee chairman Iris Sanderson Jones and MCA staff liaison Roland Sharette, both of Farmington.

The planning group, which is attempting to reach into the business and legislative community, includes Adam Donaldson, of West Bloomfield, of the Sheet Metal Workers International Association; James Hale of Bloomfield Hills, director of the Artists Group, which has its offices in Southfield; Barbara Hoffman, of Rochester, director of the Oakland University Conference Department; and other members from around the state.

The Congress and its pre-Congress sessions are sponsored by the Michigan Council for the Arts with support from the Michigan Council for the Humanities. More than 100 advisors

from various artistic and community areas of interest around the state designed the Congress to deal with issues relating to arts development in Michigan.

The Lansing issue session in East Lansing March 7 will cover five major areas: business and the arts, civic government and the arts, the legislature and the arts, a mechanism for arts advocacy and a miscellaneous category.

Dr. Bernard Klein of the University of Michigan-Dearborn, will give the keynote address, followed by morning sessions in which interested members of the business, civic and arts community explore ways in which they can fill their needs through the arts.

Afternoon sessions will attempt to find tentative solutions to the problems of the arts so that a task force can take these conclusions to the Congress in June for further action.

Dr. Adeline Hirschfeld-Medalia, Bloomfield Hills, is working with the planning team for the event under the sponsorship of the Michigan Council for the Humanities. Dr. Hirschfeld-Medalia is the founder of the Commu-

nications Arts Department at Oakland University.

Other speakers for the advocacy event include Nancy Bush, vice-president of the American Councils for the Arts and Chairman of the National Advocates for the Arts; Mrs. Loree Ruppe, wife of Congressman Philip Ruppe; Javabell Harlan, President of the Michigan Advocates for the Arts; and representatives of the National Business Committee for the Arts, the Michigan Municipal League, and the Michigan state legislature.

Representatives of the American Federation of Labor and of the United Auto Workers will be present as well as members of the business community. Representative Ruth McNamee and Senator Jack Paxon will present arts bills presently being considered by the state legislature.

The fee for the pre-Congress session on advocacy is \$8, including lunch. For registration please contact the Michigan Council for the Arts at 1200 8th in Detroit or call 526-5731.

The final pre-Congress session, on communications in the arts, will be held in Ann Arbor April 18.

Hospital auxiliary plans fundraiser

The Womens Auxiliary of Grace Hospital will hold its annual luncheon and fashion show at noon Wednesday, 1/2 March 8 at the Fairlane Club in Dearborn. The program was planned by a committee of women from throughout the metropolitan area and includes Mrs. Oswald Bostic and Mrs. George Tuttle of Farmington Hills. Cocktails will be served at 11 a.m. Luncheon will be served at noon.

The theme of the fashion show is Hearts and Flowers. It will include members and professional models in a parade of spring and summer fashions from the shop of Marilyn Turner in Rochester.

The chairman and assistant chairman of the event are Mrs. Paul Somlyo of Plymouth and Mrs. Stephen Seneccof of Bloomfield Hills. Background music for the parade will be played by Mrs. Claude Cowley and Mrs. John Bielawski of Dearborn Heights.

Tickets are priced at \$12.50 for general admission, \$15.00 for sponsors and \$20 or more for patrons. The funds raised will be used to buy special hospital equipment.

Reservations, which will be limited to 400, are available through Mrs. Florence Hanson of Dearborn, telephone 289-9821. Door prizes include a hat trimmed with silk roses and dollar bills, a hand-knitted afghan and a crystal wine decanter.

New Voices

MR. AND MRS. DREW FOLEY, 21527 Tulane, Farmington Hills, announce the birth of their third child, a son. Sean Ryan was born Nov. 1, 1977. He was baptized in St. Alexander Catholic Church.

His godparents are Mr. and Mrs. William Ditzay and Mr. and Mrs. Andrew Foley, all of Livonia.

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Club Circuit

INTERNATIONAL CHILD BIRTH EDUCATION ASSN., will hold its board of directors meeting March 3-5 in the Mayflower Hotel, Plymouth. Participants will attend from all over the United States and Canada.

The organization is an interdisciplinary volunteer group working towards family-centered maternity care, infant care and parenting. For information call Ellen Harper, Business Manager, Plymouth Childbirth Education Assn., Inc., 28425 Peppermill Road, Farmington Hills or call 553-2406.

MERCY CENTER, 28600 Eleven Mile, will hold a meeting of widowed persons at 7:30 p.m. Tuesday March 7. Admission is \$2. Refreshments will be served.

The meeting is open to all widowed persons regardless of age or religion.

TUESDAY MUSICAL OF DETROIT, will sponsor five new active members in their first performance for the group at 10:30 a.m. in the Lecture Hall of the Detroit Institute of Arts.

Instrumental and vocal soloists performing for the first time will be Mrs. Ruth Ferriholz of Grosse Pointe, Mrs. Abraham Horowitz of Southfield, Mrs. David Kuick of South Lyons, Miss Shirley Meunch of Warren and Miss Sheila Stephenson of Huntington Woods.

For information, contact Mrs. Donald Lahti at 358-3827.

THE GARDEN CLUB OF FARMINGTON, will host a guest speaker discussing the Art of Growing Chrysanthemums at 8 p.m. Thursday March 9 in the First Presbyterian Church of Farmington Hills.

The speaker will be Mrs. Paul Machuga, an Accredited Flower Show Judge. SENIOR CITIZENS SOCIAL CLUB, of Farmington, will meet at noon Friday March 10 at the First United Methodist Church social hall on Grand River and Warner.

Guests are asked to bring a sandwich for lunch. Cards will be available for afternoon recreation. Guests welcome.

CHRISTIAN WOMEN'S CLUB, will hold a special evening dinner at 7:30 p.m. Friday March 10 at the Hilton Inn in Plymouth.

John Blacksher, a businessman from Mobile, Alabama, will give personal testimony at the dinner. The event will also include a male singing trio, and a sketch artist working incognito.

For reservations, call Jo Cone at 477-3825 before March 8.

DETROIT WOMEN OF ALPHA OMEGA, will hold their final board meeting at noon March 14 at the home of president Beverly Share, 6780 Alderly Way, West Bloomfield.

We are pleased to introduce Ruth Scharf

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twelve oaks mall

Here's a handy reminder of all the exciting special events coming this month

1	2	3	4
Everyday is a fun day at twelve oaks!			
5	6	7	8
LORD & TAYLOR OPENING	Renaissance Wind Quintet 6 & 8 p.m. Lord & Taylor Court	9	10
11	12	13	14
Walled Lake Area Schools ART EXHIBIT	15	16	17
18	19	20	21
Happy St. Patrick's Day	22	23	24
Girl Scout Cookie Sale March 18 & 25	25	26	27
28	29	30	31
Easter Bunny Has Arrived Get your Pictures with him from Polaroid MARCH 17-24	4th Wednesday Fashion Show Shows at 11 a.m. & 7:30 p.m.	Snow White & The Seven Dwarfs March 23 1 & 7 p.m. March 24 1 & 7 p.m. March 25 1 & 7 p.m.	Breakfast with Alice in Wonderland & The Mad Hatter at Hudson's Greenery 9:30 a.m. Tickets \$2.50 Hudson's Ticket Office
Tribute to Children FAIR MARCH 28-30 10 a.m.-4 p.m.			
Snow White Returns March 30 & 31 & April 1st Shows in Center Court Mar. 30 1 & 4 p.m. Mar. 31 1 & 4 p.m. April 1 1 & 3 p.m.			



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