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Diane Blau and Eric play together but the child is choosing what and how in the play room in Humanistic Resources. The staff is philosophically

opposed to drugs, do not recognize the concept of mental illness and value the inherent strengths in every human being. (Staff photo by Randy Borst)

# Humanistic Resources: focusing on the positive

By LORAIN McCLISH  
 For Diane Blau and Ron Rice, Humanistic Resources, a new outpatient mental health clinic in Farmington Hills, is a dream come true.

"We offer a full range of therapeutic services of the kinds that mean something to us," said Rice, who is a clinical psychologist on the staff of Merrill-Palmer Institute.

"We do not recognize the concept of mental illness, though we do believe people have problems. We believe all people want to grow and strive to grow. We get in touch with their own inner resources and get those to work on whatever is hurting."

Ms. Blau, a guidance counselor working on her doctorate, added to the definition of Humanistic Resources by saying, "Everybody has all they need. We find that source of strength and tap into it."

"And we are philosophically opposed to drugs."

Play therapy for children is not new, nor is marriage counseling, or aiding couples with sexual problems, but the staff of six who touch out of Humanistic Resources at 32910 13 Mile Road believe they have something unique to offer.

MS. BLAU began zeroing in on children's therapy when, as a school counselor, "I became concerned at how devalued and discounted some of these kids were when they came to me with so much pain and struggle. I wanted to find some ways of reaching them."

"I wanted to give them some confidence. I wanted to help them find a source of strength so they could deal with whatever," she said.

Her major focus now on the young set takes place in the clinic's play room, the only one of its kind in the Detroit area so far as she knows, "because play is the language of children."

She explained that she takes her cues from the child as people or scenes are created with clay or in sand, and structures from there "as to how he views his world," she said.

The play room is structured for support, acceptance and fun, aimed to assist the therapist in sensing her client's mood, and "always aiming to instill a sense of worthwhile."

Verbal therapy takes over at about age 12, she says, but even then, art and music are used "to get to the root of the hurting."



DIANE BLAU



RON RICE

THE BULK OF the youngsters who come to Humanistic Resources now come with somatic problems, "stomach aches that have no organic cause," Rice said, "temper tantrums, hypertension, nail biting, fights at school, mostly referred to us by pediatricians, and these in turn cause family problems."

This has led Rice to devise a program he calls "How to be a Parent Without Going Crazy," which he carries out with maybe one couple, or maybe a group.

"That's for parents with no severe problems but just call and say their kids are driving them nuts," he said.

But while play therapy is Ms. Blau's forte, for Rice it is marriage counseling and his 10-week program called "Exploration."

"The philosophy of humanistic psychology works every time (in sex therapy). I can say I have not had one failure with those who stuck with it for the full ten weeks. It has been my greatest excitement and satisfaction in my entire career," he said.

Rice's wife Natalie assists with marriage counseling sessions and with "Exploration" that, again, "focuses in on the positive, pulls the emphasis away from dysfunction, brings intimacy be-

yond genital sex, strips away the myths, makes the individual responsible for his or her own satisfaction — all accomplished using the humanistic philosophy," he said.

MS. BLAU stressed that the staff "all share our overall view of human beings and value the inherent strengths and growth potential in every one of us."

"We are consistent with humanistic philosophy and we are conservative on testing. We believe there are other ways to assess what's going on," she said.

The two work with Dr. Edward A. Nol, a psychiatrist whose interests are in community mental health and human fulfillment.

Another member of the Humanistic Resources staff is Dr. Ceretta Perry, a professor of humanistic psychology at Merrill-Palmer Institute and associate staff member of the Gestalt Institute in Cleveland.

Rockelle Aotblatt comes to the staff as a speech and language pathologist, also affiliated with the department of rehabilitation medicine at Sinai Hospital.

Hours are by appointment only, 626-2056.

## 'Time for Me' open for tots

'Time for Me,' an hour of art, songs and games for the 3-5 year old set, is now in session, beginning at 3:30 p.m. Mondays in Eagle Elementary School.

Youngsters may join in the sessions by calling for registrations at the Farmington Hills Parks and Recreation office, 474-6115. Fee is \$8.

## Mira Linder plans spas for luxurious comfort

Mira Linder, the Southfield esthetician who has been sharing beauty and fashion news with Observer & Eccentric readers for several years, will be opening a new salon in Applegate Square.

"After 10 years in business my dream is going to be fulfilled for Detroit area women, bringing them the best in products and services, where they will be surrounded by luxury and comfort," she said.

Target date is Dec. 1 for the opening of Esthetics of Mira Linder. She said the salon will offer a complete spa for body, face, hands and makeup at the new location.

Esthetics of Mira Linder is presently located at 25563 Northwestern Highway, Southfield.

"Some of the newest treatments are already available, but with our move, the larger space will make for unlimited possibilities," she said.

She cited a new cream for fingernails that just went on the market this summer in Monte Carlo. She claims it makes nails thicker and harder, speeds up their growth and helps them resist splitting, ridging or breaking.

"It's made with a special ingredient that comes from horses' manes," she said, "and women who have tried it are very enthusiastic."

For those with dry, dehydrated skin, she brings a facial treatment from France called elastin.

Another new development, for all types of skin, is an electrical mask with moist heat properties to help facial masks penetrate the skin more effectively.

FOR THOSE with cellulite problems, Ms. Linder's advise is, "Do something about it now."

Cellulite is an accumulation of toxins trapped in certain parts of the body, most often the buttocks, thighs and upper arms.

"They're recognizable as fatty, dimpled deposits that cause what we call the orange peel look. At present, there are a number of different courses to take in anti-cellulite treatment, and we can adjust the particular type of treatment, depending upon the specific cellulite problem," she said.

In gathering up a fall makeup wardrobe, Ms. Linder says, "The fashion colors are the real make-up colors this season; mauve, plun, raspberry and violet.

"Applied with a whole lot of color and a light, deft touch, all the new makeup is designed to go with the darker colors that are causing a big stir in fashion circles now.

"And by the way," she adds, if you love to disco, you'll love the new exciting collection of disco powders and gels that come complete with some very intriguing disco designs."



MIRA LINDER

## 'Vital Woman' returns

Vital Woman, Inc. brings a new overnight workshop to Mercy Center, called "Freedom of Menopause," on Friday and Saturday, Oct. 19-20.

The workshop will emphasize the positive aspects of menopause and

prepare women to experience this natural process, feeling informed and aware.

The workshop is aimed at pre-menopausal women from 30 years and up, as well as women currently experiencing menopause.

The workshop presents an overall approach to fitness and aims to dem-

onstrate how a fitness lifestyle can maximize chances for a comfortable menopause. Physical activities will be included along with discussions on the psychological concerns of menopause women.

The fee of \$40 includes a cheese and fruit party on Friday, breakfast and lunch on Saturday. Appointments may be made with a masseuse, hairdresser or make-up artist at additional cost.

Reservations are to be made by calling Rosemary Pulick, in Mercy Conference Center, 476-9010.

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