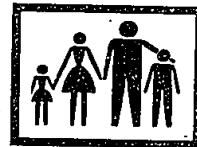


Suburban Life

Lorraine McClish editor/477-5450

Thursday, January 12, 1984 O&F



(F)10

Comments

When Dr. Jude Cotter put together his "Love, Sex and Marriage" questionnaire, he encourage comments from the 1,000 students who are participating in the five-year research project.

Students were asked to comment on any aspect of his class, what has helped them most from the class, the hypnosis techniques learned in the class, or any aspect of the research.

Here are a handful of the comments.

All of the questionnaires were returned anonymously.

'You are the first person I have ever heard give a realistic picture of divorce for women. I believe more women need to know what really happens to them in a divorce.'

'Your class gave me confidence that I can get my four-year degree, and that is one of the most important things in my life.'

'I finally quit smoking by using your method. It's been seven months, and I couldn't feel better about myself.'

'I believe that everyone should take this class before getting married.'

'I really enjoyed the class and wish it had been available 25 years ago. Better late than never.'

'No problems Doc. Keep in touch.'

'I don't feel that you are any better a lover than I am just because you have a Ph.D.'

'When I heard you say that no one is an adult, or should be married until they live independently, I resented that. Well, I've changed my mind.'

'I have earned nothing but A grades since my reading speed and comprehension have almost tripled. My awareness and self-concept have never been better. I feel I can express myself with greater ease and feel good about that.'

'It (the class) made me realize how complicated and important marriage is. It is so important to know your partner well, to know what you both are getting into.'

'I have used self-hypnosis a great deal during this past year. It has helped me re-evaluate some of my goals.'

'You have encouraged me to proceed with my dream.'

'Thank you for the doors you opened for me and my future.'

'I was enlightened by the method used for hypnosis, and though I could not fully relax I did learn from it and how to use it.'

Group hypnosis on campus

First results of 5-year study described as an 'embarrassing success'

By Lorraine McClish
staff writer

When Dr. Jude Cotter delivered his address to the American Society of Clinical Hypnosis on his five year research concerning group hypnosis and the college coed, he described his feelings as "embarrassing because it was so embarrassingly successful."

The Oakland Community College instructor has hit not only a high rate of success in the long-lasting effects of group hypnosis with students on Oakland Ridge Campus, but also a high rate of returns in the questionnaires sent out to the participants.

"The students have always shown enthusiasm for both being hypnotized and learning self-hypnosis, as well as for being part of my research," the Farmington Hills resident and counselor said.

"But I've hit well over 80 percent in returns from my questionnaires, where about 40 percent could be expected."

"If I don't have the returns in my hand I don't know that any one would believe this."

AS TO THE answers on those questionnaires, Cotter is tallying up figures that show 69 percent of those involved still use self-hypnosis for relaxation; 54 percent use it in times of stress; 74 percent are using it to make change in their lives.

In another example of the positive effects of self-hypnosis, the students are reporting that 78 percent have gained in self-confidence; 71 percent have attained clearer goals; 68 percent list some positive change in their personal life.

"There is not one negative factor in the entire study," Cotter said.

All told, 1,000 students who have taken Cotter's "Marriage and Family in Modern Society" class on campus were

'Guessing time is over. We're going to be able to have some real figures in relationships for the poor and the affluent; the educated and the dropout; racial groups. We will be able to correlate every single facet with every other single facet in this business of love, sex and marriage.'

— Dr. Jude Cotter

asked 155 questions on their background, their lifestyle, the effects of the class in their life and their attitudes.

The questionnaires will be sent out each year for the next four years, with another 1,000 participating students added each year for the study that has the endorsement of North Central Technical Institute.

THE ENTIRE study is aimed at examining multiple factors related to success both professionally and personally.

The findings will provide immediate information for basic sex education programs in the 19-state region served by North Central.

And over the longer period, the information accrued will set trends, forecasts and predictive data for the rapidly changing values and attitudes in modern society.

"I can give you a good guess as to what happens to the girl in marriage who has been sexually molested by her father, as opposed to the girl with the loving father," Cotter said. "I can also guess pretty close as to the outcome of a marriage between two people who have never dated anyone but one another."

"But now we don't have to guess. Guessing time is over. We're going to be able to have some real figures in relationships for the poor and the affluent; the educated and the dropout; racial groups. We will be able to correlate every single facet with every other single facet in this business of love, sex and marriage."

Cotter's class at OCC has always been one of the most popular on campus. When he started hypnotizing his students to give them motivation, or self-esteem, or preparing for a test, or the ability to concentrate, there has consistently been a waiting line for registration.

COTTER SAID he was always aware of immediate successes students had after being hypnotized. His long-range research project was prompted by his wondering about the long-range effects.

"How many will continue to use it?" he asked. "Will it ultimately make a positive change in their lives?"

He answered his own questions when he said, "When 71 percent tell me they are using it after a year of only one session that took 25 minutes of class time, I'd say that was positive effects."

"This is my after-glow, and I guess theirs too, judging by the comments I got on the questionnaires."

Cotter describes his class as teaching "how to get your chunk of happiness out of life."

He's been teaching the class at OCC since its beginnings, through the psychology department, and rewrites it



RANDY BORST/staff photographer

Dr. Jude Cotter says the entire thrust of his "Marriage and Family in Modern Society" class is to teach students how to get their chunk of happiness out of life. The first returns from his research project show that he is doing just that.

every year as the morality of the times and society changes.

"It's a course in life and self-actualization," he says. "It teaches how to deal with the most important things in your life, which is a lot different from learning algebra."

"Attendance is mandatory because you can't get attitudinal change from a text book, and there are something like 500 exam items involved."

"This is not a let's-all-get-together-and-hold-hands-and-discover ourselves-session. This is a class in reality."

COTTER HOLDS two doctorate degrees; one in psychology, the other in sociology.

He is certified by the American Institute of Hypnosis and is a member of the American Society of Clinical Hypnosis and the American Association of Sex Educators, Counselors and Therapists.

The research he is doing now is the first of its kind in the country.

He thinks of his work as a counselor in Quakertown Medical Arts Center in Farmington Hills the same as his work in the classroom.

"It's all teaching," he says. "People who come here with a problem are being taught how to get rid of that problem so they can fill that void in their life with a chunk of happiness. Not any different at all than giving my students a little more knowledge to get rid of a bad habit or to have more pride, or learning what a marriage commitment means."

Cotter says hypnosis can carry over into all areas of one's life and that has been borne out by the students who have used it for a range that covered developing intellectual curiosity to making a happier marriage.

Its staying power will go through four more years of testing.

Tai Chi

How to live in slow time

By Shirlee Rose Eden
staff writer

ON CHINESE STREET CORNERS, by the light of dawn, young and old people practice the ancient art of Tai Chi.

Peter Rosman's place is Bishop Park in Wyandotte. "Each day before work, I practice postures there, right next to a mountain of coal," he says.

A psychotherapist and native of Detroit, Rosman works in private practice in Wyandotte. He also teaches Tai Chi in Farmington.

Rosman attended Henry Ford College, Wayne State University and the Merrill Palmer Institute. Already holding bachelor's and master's degrees, he is working on a doctorate at the Center for Humanistic Studies.

Introduced to Tai Chi seven years ago in a workshop, he says his passion for it grew and within months he found a teacher to work with.

"He wanted to teach, and I wanted to learn," Rosman says, but after eight months his teacher went to Alaska to be a fisherman.

Undaunted, Rosman got a new teacher, continuing to learn about Taoist philosophy from which Tai Chi comes.

ROSMAN calls Tai Chi a way of doing without rushing. "My body can

rush out of necessity in this culture, but because of Tai Chi, I don't feel rushed," he explains.

On a recent morning, Rosman came to share his philosophy and his knowledge of the postures, the ease, the flowing pleasure he has mastered with senior citizens at McDonnell Towers in Southfield.

A small group, part of Salice Rosen's yoga class, watched, listened and worked with him plumbing the mysteries of the Oriental system of Tai Chi. Dressed in workout clothes, blue, yellow, grey, pink, navy, each shoeless, they listened carefully as Rosman told them:

"All Tai Chi postures are connected by a flowing. Each is a transition. A gold dragon on his chest breathes fire, but Rosman moves slowly, gracefully and speaks reassuringly.

"Feel yourself floating, we're not in a hurry. Every posture is to be savored. I'll never do it again just like this."

Just 108 postures are involved. They go back to about 3,000 years ago," Rosman says. "They're older than the awareness of psychology."

Rosman always wanted to be a doctor, perhaps a surgeon. "But I went into the Air Force as a mechanic," he recalls.



MINDY SAUDERS/staff photographer

All Tai Chi postures are connected and flowing. Peter Rosman tells his students to feel themselves floating and that every posture is to be savored.