

Hypnosis used for treatment

A&M clinic experiences success, demand

By Molly Pepper
Reporter

Graduate psychology students are using hypnosis to help people kick their smoking and over-eating habits.

The Texas A&M Counseling and Assessment Clinic is offering hypnotherapy to help patients break their compulsive habits, says Dr. Robert Reiley, a licensed psychologist and professor in the Department of Educational Psychology.

The success of habit breaking varies with the individual, he says. The specific habit and the individual's dedication to breaking that habit are important factors, Reiley says.

But Reiley says some people cannot be helped through hypnosis because they can't be hypnotized.

Studies have shown there are degrees to which different people can be hypnotized, he says. Some people are very hypnotizable and some can't be hypnotized at all, he says.

Dr. A.W. White of the Parkway Medical Clinic agrees with Reiley that hypnosis can be used to help someone break a habit if the person is hypnotizable and dedicated to breaking that habit.

"Hypnotism does nothing but reinforce the patient's own commit-

ment," he says. "If the patient has no commitment it won't do a thing.

"No one can be forced under hypnosis to do something they don't want to do. The individual who commits murder under hypnosis is a myth."

The clinic at A&M uses three hypnosis techniques: direct suggestion, indirect suggestion and anxiety reduction, Reiley says.

Indirect suggestion is used when patients resist direct suggestion, Reiley says.

"People tend to resist suggestions and not want to make changes in themselves," he says. "It's more difficult to resist indirect suggestions."

Anxiety reduction is used to reduce the stress of breaking a habit, Reiley says.

It's used with habit breaking because people can become upset or anxious when they're trying to quit a long-term habit, he says.

Anxiety reduction is also used to reduce the stress associated with test taking.

The clinic at A&M has had such a large response from students and the community that names are no longer being taken for the waiting list, Reiley says.

Kathryn Sullivan, coordinator for

the Counseling and Assessment Clinic and a graduate student in educational psychology, says the hypnotists are trying to get people off the waiting list and into the clinic as fast as possible.

The clinic has been offered during the spring semester for three or four years now, Reiley says.

It's offered only during the spring semester because the hypnotists are doctoral students in a graduate level educational psychology class that Reiley teaches in the spring.

However, Sullivan says the clinic might be offered more often in the future.

Reiley stressed that if a person wants to be hypnotized, it's important to have someone who knows what they're doing perform the hypnosis.

The clinic is free for students, while members of the community and faculty can also use the clinic by paying a fee of \$60 an hour, Sullivan says. There is a sliding scale based on ability to pay for those who need the facility but would not be unable to pay for it, she says.

The money from these fees is used by the Counseling and Assessment Clinic which is only partially funded by the University.

South plans presidential primary for 1988

WASHINGTON (AP) — Southern politicians say they have persuaded enough states to hold their primaries and caucuses during the same week in March 1988 to make the region a force to reckon with in presidential politics.

Seven states in the South are holding primaries on March 8, 1988, other states are within a governor's signature of joining the movement and a half-dozen more may act before presidential campaigning begins in earnest. The concept is said to have wide support in Texas, but the Legislature doesn't meet again until next year.

The South is hoping to focus attention on a region that in the past has been largely ignored by presidential hopefuls.

Texas state Sen. John Traeger, chairman of the Southern Legislative Conference and a strong proponent of the regional primary, said, "Everybody says, our time has come, people in the South should have a stronger voice, and we think we will."

Oklahoma Gov. George Nigh, another supporter, said, "It's no longer a question of will we. It's an accomplished fact."

Traeger said candidates will have to talk about issues of interest to the South, such as agriculture and immigration, "instead of giving us that flag, motherhood and country

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— Texas state Sen. John Traeger, chairman of the Southern Legislative Conference.

speech. That ain't gonna cut it anymore."

In the past, he said, candidates focused too much attention on New Hampshire, with its first-in-the-nation primary, and Iowa, with its early caucuses.

"The people who won in New Hampshire said, 'We're the winner, get on the band wagon,'" he said. "We don't think they'll be stomping around in the snow in New Hampshire for three or four votes if a third (of the delegates) are up here."

Three Southern states already had primaries scheduled for March 8, 1988 — Alabama, Georgia and Florida. Four more states joined them this year: Kentucky, Oklahoma, Missouri and Tennessee.

The "Super Tuesday" primary

date has met with legislative approval in Maryland and Mississippi.

If governors in those two states sign the bills, it would bring to nine the number of Southern and border states planning to hold primaries on the same day.

The tenth to join likely will be Virginia, where Gov. Gerald Baliles returned legislation to the Assembly and recommended the state begin the process of choosing its delegate on March 12. It needs only minor adjustments.

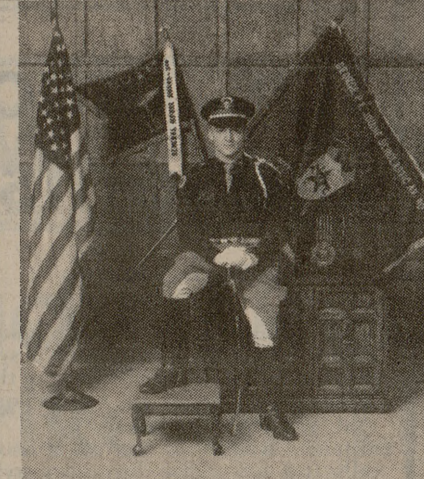
Politicians in several more Southern states have embraced the idea, so the count could climb before 1988.

"Super Tuesday" primaries are expected to win approval in Louisiana, where the Legislature convenes this month, and in North Carolina, where lawmakers meet in June.

In South Carolina, the date of the primary is decided by state party chairmen. Republicans say they aren't interested, while Democrats say they may switch their caucuses to March 12.

All told, 16 Southern states may hold primaries or caucuses on March 8 or March 12 of 1988, if the conference's predictions prove correct.

About one-third of the pledged delegates needed for nomination will be chosen in those 16 states.



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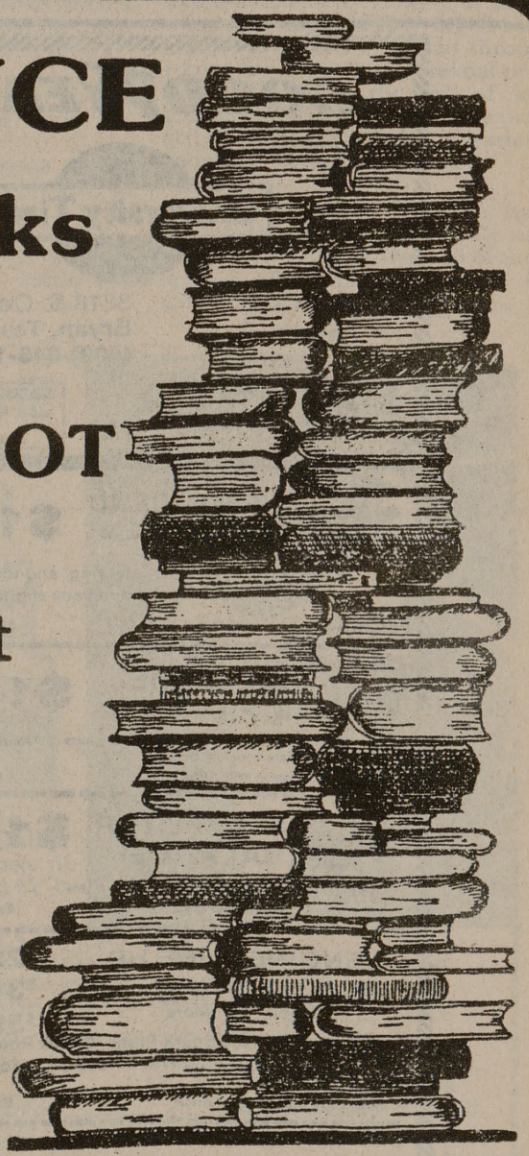
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