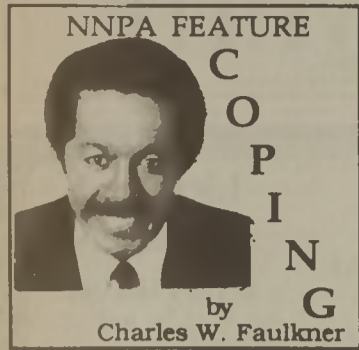


Hypnosis And Counseling Helps Control Cleanliness Phobia



NNPA FEATURE

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by Charles W. Faulkner

confirmed that she emitted an unpleasant body odor and he recommended that she use several deodorants.

In a nutshell, after lengthy counseling, I determined that

1) Her parents were domineering and overly concerned about cleanliness. They made her take frequent baths when she was a child.

2) As an unemployed adult, she

was able to take regular baths and satisfy her phobia. When she was single, she spent much of her time alone and had very little contact with other people.

3) When she got married, her constant complaints about her supposed body odor actually convinced her husband that she, indeed, emitted a strong body odor. Her husband had little knowledge about the impact of

phobias and could not imagine anyone complaining so vociferously about a body odor if they did not actually have it. Her actions and complaints convinced him she had an odor. He was so convinced that he really thought he smelled the odor. As a concerned husband, he recommended various things she could do to control the "body odor."

4) When she accepted employ-

ment, she could not take frequent baths, so she thought that her body odor was intensifying. She assumed that her fellow workers smelled it. Every time someone looked at her, she felt they were reacting to her body odor (in fact, they were not). However, she would tell them to mind their own business. When they began to avoid her, she assumed that they were doing so because of her body odor. Actu-

ally, they were avoiding her because of her unsociable temperament.

5) Her body odor was not worse than anyone else's. It was a figment of her imagination.

I treated her with counseling and hypnosis that eventually brought the phobia under control.

Dr. Charles W. Faulkner may be contacted at P. O. Box 50016, Washington, DC 20004.

Recently, a young lady came to my office for counseling. She had developed a phobia regarding the cleanliness of her body. She was convinced she had an offensive body odor which could be controlled only with frequent baths and showers. She was so certain that people in her office were offended by an odor that her body was giving off that she felt the need to take 10 to 14 baths or showers each day.

If she was not able to take this enormous number of showers, she would become extremely tense and would tremble, uncontrollably. Often, fellow office workers were offended by her body odor by their angry stares and by the fact that they stayed away from her.

The ultimate rejection that she received was from her husband, to whom she has been married for eight years. She said her husband began to notice her body odor two years ago. She

Kappas' Pool Party

The Charlotte graduate chapter of Kappa Alpha Psi Fraternity, Inc., will sponsor a pool party on Saturday, September 16th from 6:30 p.m. until 1:30 a.m. The party will be held at Summit Ridge Apartments club house, which is located off of Albemarle Road on Farm Pond Lane.

Admission is \$4 in advance and \$5 at the door. Proceeds will benefit the McCrorey YMCA.

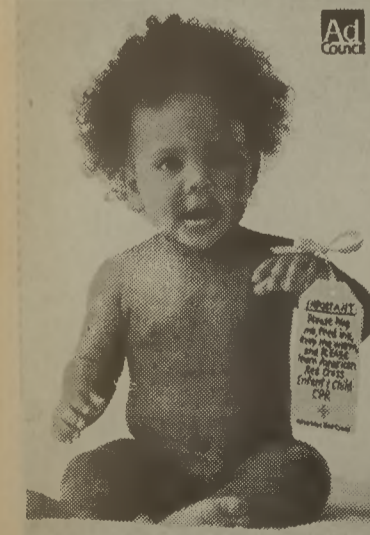
Fall Fashions Internationales

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Mrs. Jackie Kee of the Model Shop will coordinate a fashion show on Sunday, September 10th at 6 p.m. at the McDonald's Cafeteria. All fashions will be furnished from Deanie's Boutique, owned by Deanie Maxwell. Professional models will include Carla Chambers, Rhonda Diggs, Marci Gilbert, Renee Maxwell, Donna S. Watson, Michelle White and Cheryl Martin. The ladies will model the latest fall and winter fashions.

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