

Ethnic Identity Influences Self-Image, Study Claims

By CLIFFORD CHANIN
New York - In a study which has aroused great interest, a young psychologist asserts that how one feels about one's ethnic identity has a strong influence on one's mental health.

Judith Weinstein Klein studied 120 young Jewish adults who participated in several ethnotherapy analysis groups she conducted on the west coast during the past several years.

Overall, her findings reveal that Jews who had high positive scores on ethnic identity tests also scored well on measurements of self-esteem and integration with society.

As the ethnic identity scores declined, revealing negative or ambivalent feelings about being Jewish, so did indicators of general psychological well-being.

The results of the study were announced at a press conference held last Tuesday at the American Jewish Committee, which sponsored Mrs. Klein's research. Representatives and health care professionals from different ethnic groups expressed clear interest in applying the results of the study with Jews to their own groups.

Mrs. Klein's work began 10 years ago, as a result of her involvement in black-white confrontation groups during the U.S. civil rights movement. "There were many Jews involved in the civil rights movement, but they seemed to deny their own identity even while being involved in others' search for their roots," she said.

The black-white confrontation groups were formed during the civil rights movement as a kind of in-group therapy, where blacks and whites from different backgrounds could confront each other directly on questions of race. At the same time, ethnotherapy was formulated as a form of analysis through which one might clarify thoughts about one's ethnic status. This approach was used also in all-black groups, and led Mrs. Klein to consider how it might be applied to Jews.

The aim of ethnotherapy, she explained, is "to elicit conflicts in ethnic feelings and to resolve them."

The groups she formed in the San Francisco area focused in the beginning on the most superficial aspects of being Jewish, as the group members described them. "These traits included relations with others in the group and even physical appearance, which proved to be a source of great shame for several group members. 'What was conceived of as WASP looks was much more highly valued than Jewish looks,'" Mrs. Klein said, particularly among those with ambivalent feelings about being Jewish because of their traditionally Jewish looks.

Thus, at the beginning of the ethnotherapy, she found many young Jews uncomfortable with their appearances and bodies and attributing this discomfort to being Jewish.

This alienation extended, in many cases, to the historical and cultural level, where Jews ex-

pressed shame at who their ancestors had been and how they had reacted to persecution.

Mrs. Klein found that among those Jews who had strong positive feelings about the Jewish past, and who considered themselves historically connected to their forebears, self-esteem rose considerably.

For those who were greatly alienated from their own Jewishness, even being in a room with only Jews caused great anxiety. The climax of the therapy was an exercise in which each group member had to declare "I am a Jew" to the others and also to those symbolic figures of the past who had caused great anxiety in their feelings of Jewishness: parents, non-Jewish friends and lovers, children, colleagues.

Mrs. Klein found that even among those with the strongest negative feelings about being Jewish, this exercise created increased feelings of confidence and self-esteem, as anxiety about being Jewish was relieved.

Joseph Giordano, chairman of the Coalition for the White House Conference on Families, praised the report and said it underlined the importance of family life as a means of transferring positive ethnic values.

Dr. Alvin Poussaint, associate professor of psychiatry at the Harvard Medical School, agreed emphatically with Mrs. Klein's findings, asserting, "I have not had a black or Jewish patient whose ethnic identity did not come up in therapy."

He said communal leaders, as well as therapists, ought to undergo a form of ethnotherapy so they might better understand their own ethnic conflicts and appreciate the anxieties of others.

Dr. Irving Greenberg, director of the National Jewish Resource Centre, called ethnotherapy "a valuable, promising tool" for the Jewish community that could be applied to other ethnic groups as well.

He dwelled at length on one of Mrs. Klein's findings, that Jewish women are more likely to feel badly about being Jewish than men are because they believe that Judaism considers women as second-class citizens.

"This is an inherent, unethical structure that must be confronted," Dr. Greenberg said. "There is a profound ethical question involved, whether we are inflicting wounds on women through our tradition. Our response can not be delayed."

Citing Mrs. Klein's findings that those Jews - men and women - who had positive feelings about their ties with the Jewish past, and specifically with Biblical and religious figures, were most happy with their Jewishness, Dr. Greenberg said the need was clear for introducing "Biblical paradigms into the cultural system as a whole."

(Clifford Chanin is the 'Jewish Chronicle' correspondent in New York.)

Lasers to Argentina

Buenos Aires (JCNS) - Medical laser-ray equipment has been donated to the Ramos Mejia hospital in Buenos Aires by the Israel-Argentine Chamber of Commerce.

The machinery, called sharplan, was made in Israel and will be used in neurosurgery, cardiology, urology, etc.

David and Lynne Pesochin, Teri and Marlo wish all their friends and relatives a New Year of Peace, Health and Happiness. 101 Tanoak Park Dr. Winnipeg	Sam and Sheila Sellers and Family wish all their relatives and friends a Joyous and Healthy New Year. 505 Belmont Ave. Winnipeg R2V 0Z4	Lil and Dave Sturrey and Family wish all their relatives and friends a Very Happy and Prosperous New Year. 512 Belmont Ave. Winnipeg
Mr. and Mrs. M. Raizman and Family wish their friends and acquaintances a Healthy, Happy and Prosperous New Year. 81 Ashbury Bay Winnipeg	Myrna and Frank Shiffman Leslie and Lisa wish their parents, children, relatives and friends a very Happy and Prosperous New Year. 49 Hillhouse Rd. Winnipeg	Harry and Sophie Tapper, Michael and Jaclyn wish all their relatives and friends a New Year of Peace, Health and Happiness. 19 Laurel Bay Winnipeg
Mr. and Mrs. Izzy Reider and Daughter we wish our friends and relatives a Happy and Prosperous New Year. 4 Royal Cr. Winnipeg	Mr. and Mrs. Ben Siegler would like to wish their family and friends a Happy and Prosperous New Year. 90 Peony St. Winnipeg	Mr. and Mrs. A. Tenenbein and Family wish their children, relatives and friends a very Happy and Prosperous New Year. 59 Arrowwood Dr. S. Winnipeg
Maurice and Lil Rosenbergs and Mitchell wish all their relatives and friends a Happy, Healthy and Prosperous New Year. 659 McAdam Ave. Winnipeg	Mr. and Mrs. Morris Singer and Pam wish all their relatives and friends a Very Happy and Prosperous New Year. 90 Vanier Dr. W. Kildonan	Mr. and Mrs. Sam Toll wish their family and friends, Health, Happiness and Prosperity in the New Year. 310-880 Cambridge St. Winnipeg
Ben and Pearl Rosenhek wish all their relatives and friends a Happy and Prosperous New Year. 16 Pearce Ave. West Kildonan Manitoba	Ruth and Hookey Slayen and Family wish all their family and friends a Very Happy and Prosperous New Year. 409 Enniskillen Ave. Winnipeg	Sara and Ben Tregebov wish all their relatives and friends a Very Happy and Healthy New Year. 142 Belmont Ave. Winnipeg
Mr. and Mrs. Barry Roy would like to wish their family and friends a New Year of Peace, Health and Happiness. 18 Inverness Winnipeg	Mr. and Mrs. David E. Sodomsky and Family wish all their relatives and friends a New Year of Peace, Health and Happiness. 1207-1 Evergreen Pl. Winnipeg	The Joe and Annie Veizkin Memorial Unit Their Daughter Miss Reta Veizkin wishes everybody a Happy and Prosperous New Year. 626 St. John's Ave. Winnipeg
Colette and Louis Rubin, Jerry and Les wishes their children, relatives and friends a very Happy and Prosperous New Year. 8 Daffodil Winnipeg	Mr. and Mrs. R. Stargardter and Son wish their children, relatives and friends a very Happy and Prosperous New Year. 332 Hartford Ave. Winnipeg	Mrs. Gertie Winkler wishes all my children, grandchildren, relatives and friends a Healthy and Prosperous New Year. 508-311 Partridge Winnipeg
Mr. and Mrs. Albert Rutman and Family wish their parents, children, relatives and friends a very Happy and Prosperous New Year. 151 Arrowwood Dr. S. Winnipeg	Mrs. Ruth Steen would like to wish her children, family and friends a very Happy and Healthy New Year. 612-611 Jefferson Ave. Winnipeg	Bill and Paula Werb Ronald and Marla wish all their relatives and friends a Happy and Prosperous New Year. 833 Brock St. Winnipeg
Bert and Elaine Schaffer and Family wish all their relatives and friends a New Year of Peace, Health and Happiness. 14 Sweetwood Bay Winnipeg	Mr. and Mrs. I. Stokoloff and Family wish all their relatives and friends a New Year of Peace, Health and Happiness. 102-1245 Jefferson Ave. Winnipeg	Edith and Frank Zipursky and Family wish all their relatives and friends a New Year of Peace, Health and Happiness. 79 Buttercup Ave. Winnipeg
		The Zipurskys Sid, Mae, Grant, Murray and Bradley Wish all their relatives and friends a very Happy and Healthy New Year. 6 Primrose Cres. Winnipeg

Ben and Bella Hershberg wish all their relatives and friends a New Year of Peace, Health and Happiness. 105-390 Partridge Ave. Winnipeg	Mrs. Fay Hoch and Family wish all their relatives and friends a New Year of Peace, Health and Happiness. 67 Coralberry Ave. Winnipeg	Gordon and Shilamus Hornstein and Family wish all their relatives and friends a New Year of Health, Happiness and Peace. 9 Crocus St. Winnipeg	Harold and Nurit Kives Ronni, Cheryl and Bartley wish their relatives and friends a Very Happy and Prosperous New Year. 11 Forest Park Drive Winnipeg R2V 2R5	Mr. and Mrs. A. Moller and Family wish all their relatives and friends a Very Happy and Prosperous New Year. 92 Forest Park Dr. Winnipeg
	Frank, Denah, Lynn and Calvin Weinfeld wish all their relatives and friends a Very Healthy and Happy New Year. 103 Arrowwood So. Manitoba	Mr. and Mrs. Bill Itzkow and Sons wish their family and friends a very Happy and Prosperous New Year. 406 Semple Ave. Winnipeg	Rachelle, Gerry and Joshua Koffman wish their family and friends a Healthy, Happy and Peaceful New Year. 87 Maynard Cl. Winnipeg	May the warmth and goodwill of the Holiday Season be with you throughout the year. Mr. and Mrs. H. Meltzer 7 1010 Powers St. Winnipeg Manitoba
	Fay and Sigbert Weinmann To all our dear Relatives and Friends: Shalom and Very Best Wishes for a Healthy and Happy New Year. 996 Inkster Blvd. Winnipeg, Manitoba	Bill and Sandra Kagan, Jamie and Marni wish all their relatives and friends a New Year of Peace, Health and Happiness. 96 Verbena 339-4561	Mr. and Mrs. Harry Kreef and Family would like to wish their relatives and friends a Very Happy, Healthy and Prosperous New Year. 46 Kimwood Bay Winnipeg	Arnold, Doreen, Steven, Sheila and Kimberly Merrick wish their relatives and friends a Happy and Healthy New Year. 39 Viola St. Winnipeg
	Mr. Fred Wiesenthal would like to wish family, friends, and the Jewish Community a New Year of Peace, Health and Happiness. 312-1001 Sinclair St. Winnipeg, Manitoba	Larry and Rhoda Kagan Donna and Haley wish their parents, relatives and friends a very Happy and Prosperous New Year. 48 Nicholson Cres. Winnipeg	Martin and Kay Levin Adam, Daniel, and Gavriel wish their family and friends a New Year of peace and contentment. 100-155 Wellington Cres. Winnipeg Manitoba	Mr. and Mrs. George Miles and Family extend to all their relatives and friends best wishes for a Happy and Prosperous New Year. 100-155 Wellington Cres. Winnipeg Manitoba
	Julius and Karen Wise and Family would like to wish their relatives and friends a Very Happy and Healthy New Year. 1622 Mathers Bay West Winnipeg, Manitoba	Mr. and Mrs. Moisha Laizer Kahan and Family extend their sincere wishes for Good Health and Happiness in the New Year to their dear children, brothers, sisters, sisters-in-law, dear machatonim, their families, friends and Kol Israel. 306 Matheson Ave. Winnipeg	Rachael and Don Levine 44 Merriwood wish all their relatives and friends a very Happy and Prosperous New Year. 279 Burrin Ave. Winnipeg	Mr. and Mrs. R. Minarsky wish all their children, relatives and friends a Happy and Prosperous New Year. 279 Burrin Ave. Winnipeg
	Saul and Sandy Youssiem and Cara take this opportunity to wish all their relatives and friends a Very Happy and Healthy New Year. 611 Hartford St. Winnipeg, Manitoba	Mrs. I. Kankewitt wishes all her relatives and friends a New Year of Health, Happiness and Peace. 800-955 Sinclair St. Winnipeg Man.	Mr. and Mrs. Peter Litman wish their children, relatives and friends a Very Healthy and Happy New Year. 564 Rupertsland Ave. Winnipeg	Harry, Eva, Julius and Esther Mlynarski wish all their friends and relatives a New Year of Peace, Health and Happiness. 545 Seven Oaks Winnipeg
	Joe and Ruth Zelcer and Their Children Sharon, Hartley and Shelley take this opportunity to wish all relatives and friends a New Year of Peace, Health and Happiness. 19 Tanoak Park Drive Winnipeg	Doreen and Arny Kapitz Sheryl and Francine wish their family and friends a Healthy, Happy and Peaceful New Year. 78 Vanier Drive Winnipeg	Mr. and Mrs. F. London and Family extend their best wishes to all their relatives and friends for a Prosperous and Happy New Year. 182 Mapleglen Drive Winnipeg Manitoba	Ruth and Chuck, Jennifer and Matthew Narvey wish all their relatives and friends a Happy and Healthy New Year. 171 Matheson Ave. E. Wpg.
	Ben and Dora Zolty wishing family and friends a year of Health, Happiness and Peace. 590 Smithfield Avenue Winnipeg, Manitoba	Gary and Arlene, Stuart and Selyna Kay wish all their relatives and friends a Happy and Prosperous New Year. 43 Woodcrest Drive West Kildonan Manitoba	Mr. Richard Magil wishing all friends and family a Happy and Joyous New Year. 501-1281 Grant Ave. Wpg.	Sam and Ruth Ostrove and Family We wish all our relatives and friends a very Happy and Healthy New Year. 38 Coralberry Ave. Wpg.
		Mr. and Mrs. Abraham Kirshenbaum wish all their children and grandchildren and friends a Very Happy and Healthy New Year and Lasting Peace in Israel. 279 Hartford Ave. Winnipeg	Mr. and Mrs. Harold Markusoff and Family wish all their relatives and friends a New Year of Peace, Health and Happiness. 102 Teakwood Ave. Winnipeg	Mr. and Mrs. Earl Palansky and Family wish their parents, relatives, and friends a New Year of Good Health, Peace and Happiness. 126 Ashmore Dr. Winnipeg