

**Comment**

*\* Comment is an opinion column open to members of the university community who wish to present an informed opinion on a topic of their selection.*

# Dal counsellors voice agreement

As Counsellors with the Dalhousie Counselling and Psychological Services Centre, we would like to voice our agreement with the "tips for Shrinkies" which Bob Isnor suggests in his article "Shrinking the Gay Head" in the September 23 *Gazette* Gay Supplement.

In fact, we like them so much that we'd like to say them again here. These suggestions apply equally to all people seeking counselling whether gay or straight.

1. Be honest with your counsellor. Holding things back is unfair to both of you. You keep hoping he or she will guess it out of you and you will likely end up unhelped.
2. Define a goal and a time span. At the end of a time span, review to see what has happened and decide whether to continue for another period with the same goal.
3. Be prepared to redefine your goals. The first one is likely to need some revamping, and often is rejected in favor of something else.
4. Stop proceedings when necessary. If at any time you are not sure what your counsellor is up to, if you have lost direction for the moment, or if you are unnerved by anything said or not said, or especially felt, hold everything until you are satisfied that you are working together. This doesn't mean changing the subject every time you get uncomfortable. It means checking out what the uncomfortable feeling is.
5. Be sure you like your counsellor's opinions. On your first visit, ask your counsellor what he or she thinks of your goals to be sure you can work in the same direction.
6. Be sure you like and feel comfortable with your counsellor. If you have negative feelings, have no hesitation about making the first session the last. Counsellors realize that different clients work better with different counsellors. It may

take several tries before you find the counsellor for you, but when you do, you will be more able to open up and to begin to make the changes in your life you are looking for.

For the gay client, suggestions 1 and 5 are particularly important. It is essential that you be open and honest with the counsellor and that the counsellor be open and honest with you. At the Dalhousie Counselling and Psychological Services Centre we believe in helping the client to reach the goals he or she has set. If a counsellor feels unable to work towards a particular goal for personal, ethical, or whatever reason, she or he will say so. There are no hidden agendas, no working at cross purposes. Consequently, it is vital that the client be open and honest in expressing what is wanted, both at the beginning and as goals develop and change.

For example, if the client is uncertain of his/her sexual orientation and wants help in exploring the alternatives, we'll help with that. If the client is gay and wants help in dealing with the hassles of society, or wants to improve the relationship with a partner, we'll help with that too. Alternately, if the client has a strong gay orientation but wants to try to see if a more bisexual or heterosexual orientation is possible, we'll help with that as well.

There are many viable lifestyles in today's world. The Counselling and Psychological Services staff will be glad to help you explore and understand the alternatives and make the most of the one you choose.

Staff  
Counselling and Psychological  
Services Centre

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(most students with "problems" only need a good massage anyway). Perhaps the chaplains offices could be used as sex is much better for the "student body" than feeling guilty about sex. This would locate Dal's own massage parlour in front of the Graywood where those who are looking for a massage go.

Seriously  
Randy U. Broadmore  
(a.k.a., R.U.B.)

## Confused

To the Gazette:

Reading last week's "Comment" by Jim Lotz entitled, "What About the Workers?", I became very confused and bewildered about the points he was trying to make and indeed the logic through which he was trying to make them. Mr. Lotz begins by making some moderately interesting and rational views concerning the publishing industry in Canada, but prefers quickly to switch horses and jump on the bandwagon of George Melnyk, who in Lotz's opinion has written a most definitive critique of books concern-

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