

Counselling at Dalhousie

by the Counselling & Psychological Service Staff ...Part 2

"What is it about me that turns people off?", wonders John D. Mary J. feels like a doormat — people take her for granted. And she never could say "no".

Students like Mary and John should consider making contact with the Counselling and Psychological Services Centre in the SUB. It's often difficult to solve a personal problem on your own — the Centre people are trained to help.

For some students it may be a question of a particular problem for which there seems no solution: a conflict with parents, recurring



destructive fights with a spouse, or overwhelming fear of exams. Others may be concerned about learning to develop self-discipline or making more effective personal decisions. Headaches and other forms of physical problems brought on by stress are common and can be helped.

The first step, after determining that you want some help, is arranging an interview. Call 424-2081, or visit the Centre, fourth floor, SUB. There are both men and women on staff, so you can specify

the sex of your counsellor.

At the initial meeting, the counsellor will help you clarify your problem(s) and discuss what you hope to accomplish through counselling. Centre counsellors believe that people LEARN to think, feel and behave the way they do. Conversely, you can UNLEARN the unproductive (or disruptive) patterns you've acquired. So, therapy can be viewed as personal growth and change through skill development.

The particular procedure followed in counselling depends on your problem; each problem and each client is different and techniques are adapted accordingly. Generally, the goal of counselling is to teach the client self-control and self-direction; the ability to analyze and deal with a variety of problems.

Relaxation training can be a first step for problems involving anxiety.

Other aids in learning new skills include the use of videotape so you see how your behaviour looks to others; role playing; behaviour reversal; or biofeedback. Such techniques assist you in gaining self-control.

If something is concerning you — about yourself or those around you — come in and talk it over. In most cases, we can help either by providing information or by developing an individualized program. If for some reason, the Centre can't deal with your problem, you'll be referred to a source that can.

In later issues of the Gazette, Counselling and Psychological Services staff will describe in more detail the development programs and the format of typical counselling sessions. But don't wait to read about us — students and faculty are invited to come in for a cup of coffee anytime.

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continued from page 5

actually come about to take place. I'll tell ya boy I heard 'em say after the show that they wanted to remend the reconstitution but it was unconstituted cause the committee that's supposed to do all the remending is itself unconstituted. I figure they was talking in a secret code so I'm gonna work on it real hard and I'm gonna keep you posted on what all the actors are up to, and what it all means.

I'll tell ya boy, this schooling is more fun than fishing on a Friday morning in February.

B. Bob

P.S. Don't worry about those non-confidential types, cause I'll fill ya in on the whole she-bang.

B.B.

Allow eating

To the Editor:

The ban on smoking in classrooms makes sense. The ban on eating and drinking does not.

Smoking is unhealthy, not just for the smoker, but for those breathing the smoke as well. Poorly ventilated classrooms are no place to permit smoking. Eating and drinking between meals is not to be recommended except where unavoidable, but it is possible for a student to have four or five consecutive classes.

The university recognizes its employees' need for coffee breaks. It would seem reasonable, therefore, to allow eating and drinking in classrooms at the individual professor's option, stressing that students are responsible for their own garbage.

Nigel Allen

Curling

by B.J. Jones

Dal Curling has started another season, but this year there is a new format. Dal curlers are able to join C.F.B. Curling Club, with full members privileges for the low price of \$50. This is one of today's biggest bargains, considering other club memberships are over the \$200 dollar mark; so we hope most curlers will take advantage of it. This is a Dal exclusive — all other university students have to pay \$75 to join C.F.B. The team is still coached by Penny LaRocque who can be reached at 454-4221, if anyone wants further information. The first practice is Tuesday afternoon, Oct. 12, at C.F.B. Curling Club.