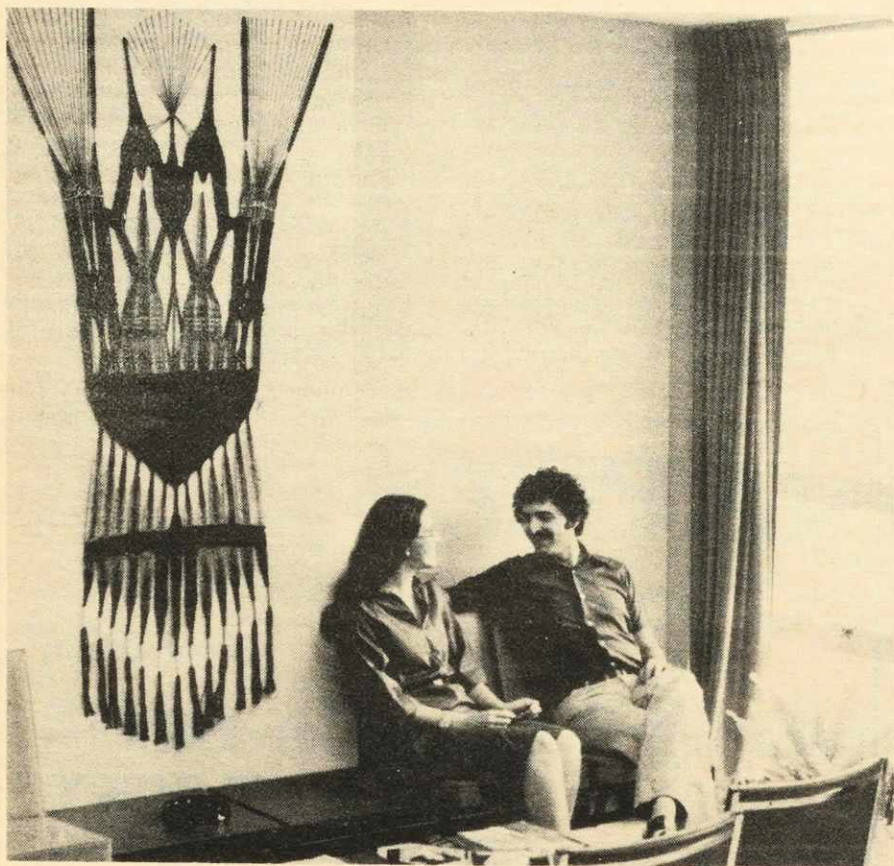


# Counselling at Dalhousie



by the Counselling & Psychological Service Staff

It was once a popular notion that marriage and other twosomes were "made in heaven".

Through experiences, many of us have discovered that it takes more than prayers to sustain a good relationship between two people. Some carefully cultivated skills and serious work are called for.

When one or both of you are university students, there will probably be additional stress placed upon you due to study pressures,

shortage of money, uncertain career plans, etc. Then, too, you may have chosen to relate to each other in ways that are different from those of the previous generation, so there are no models to follow-up routes are uncharted.

### Communicating

Dalhousie's Counselling and Psychological Services Centre has been offering counselling to help couples develop relating skills for a number of years. Our services are offered to couples who are married, living together or dating. You need not be planning a "permanent" relation-

ship to benefit; getting help now to work out any difficulties can make for better relationships with others in the future. The Centre also welcomes one half of a couple seeking to consult with a counsellor on their own.

One common concern for couples is communication: difficulty in listening sensitively to the other partner's concerns, and in expressing needs in a direct and positive way. For example, a couple may find they are saying things to one another in a manner which annoys the other person creating unpleasant exchanges and leading to arguments neither wants. Helping the couple learn to express wants, feelings and dissatisfactions in constructive ways will greatly reduce or eliminate tension.

Counsellors frequently try to find out the specifics of the difficulty and then roleplay with the couple ways of handling the situation differently. Video and audiotape facilities are available.

Couples may find that they have differences of opinion on a few or many important issues: career priorities, how to spend leisure time together, family planning, and so on. Counselling on how to deal with genuine differences on both major and minor matters may focus upon the development of negotiating skills and the ability to find a

compromise that is reasonably satisfactory to both parties.

### Sex

Some students wanting information about sexual matters have in the past found it difficult to approach professionals for counselling. This attitude has changed dramatically.

It is "normal" - in fact it's often a part of developing a meaningful sexuality - for students to have questions and concerns about sexual matters. Couples and individuals wanting sexual counselling and information receive help promptly. Our clients generally find that once they get over the hurdle of scheduling an initial interview, it's relatively easy to discuss personal concerns about sex.

Couples seeking counselling may chose to meet confidentially with a female or a male counsellor, or with a male/female therapy team. For further information, give us a call at the Counselling and Psychological Services Centre (4th floor, SUB, 424-2081).

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.

## Lunch Bucket

by Sheilagh Beal

I've got good news for all you Saga fans (all 1 of you, Frank!) -specials are starting soon. Saga will be offering such things as a complete meal (minus beverage and dessert, of course) and a union burger with free pop. Also, a salad bar will be starting up on the hot food line at a cost of 40c. a serving. The price of tang will equal the price of pop. Speaking of pop, the price of a tin is really 30c not 35c, so watch it when you go past the cash. Tins of juice are 25 c.

Dear Lunch Bucket:

Sell soup in the cafeteria-requires no great effort and is a benefit on cold days.

Signed  
Joe Woodard  
M.D. 1



Dal Photo / Grandy

Joe, for a medical student you are pretty dumb! Saga sells "soup" at a "special" price of 40 c. Perhaps you don't think that extortion and sell mean the same thing! For someone who eats in the cafeteria, you have a lot to learn. Also, cold food is of no benefit on a cold day. Anyway, if you are crazy enough to try the soup, come and find me and I'll buy you a bowl, (proof of identity is required).

Dear Bucket:

I suggest you move liquid coffee, tea, etc. off the seats and on to the table.

Unsigned

Personally, I prefer liquids on top of my meal or in a cup. However if you're an animal and need to lick it off the table top, that's your business.

Dear Bucket:

I'm glad they didn't serve that so-called "German food" on Thursday the way they were supposed to because I couldn't have stomached it 2 days in a row. Saga must have

had some barbequed hot dogs left over from the summer because that's exactly what the bierwurst, of whatever it was supposed to be, tasted like. The potatoes in the potato salad (?) were hard and blue around the edges. The only thing that Saga scored on was the sauerkraut (but that probably came out of a can so Saga didn't have a chance to ruin it!). The only way I knew what the meal was supposed to be was by the way it looked because the taste didn't give me a clue.

Signed,  
A disgruntled customer

What can I say? The letter says it all- the German food was crap!

I've had a number of people ask me where the Lunch Bucket has been the past couple of weeks. The answer- I have five professors each of whom thinks that his is the only course I take. If someone could invent a 30 hour day, we'd all be happy.

In case no one has noticed, which I doubt, Judy the red-head from Food Services has quit, as of last Friday. She was nice and pleasant to deal with and she'll be missed.

Remember satisfaction guaranteed or your money refunded!!



**DALART TRIO**  
Tuesday, December 7, 8:30  
Phillip Djokic, William Tritt and William Valleau  
Three superb musicians.

**PAVAROTTI**  
Sunday, December 19, 2:00 p.m.  
A voice you'll never forget.  
Outstanding in the opera world.

Rebecca Cohn Auditorium  
Dalhousie Arts Centre  
Tickets & Information  
424-2298

Coming Attractions...

**MERMAID THEATRE**  
Monday, December 13,  
1:30 p.m. & 7:30 p.m.  
Tuesday, December 14,  
1:30 p.m. & 7:30 p.m.  
Wednesday, December 15,  
1:30 p.m., & 4 p.m. & 7:30 p.m.  
Wolfville's enthusiastic theatre company presents  
"The Trickster" and "Susanna Moodie".

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