

Counselling at Dal

**DAL CROSS
COUNTRY SKI
CLUB
FIRST MEETING
OCTOBER 5, 1976
8:00 P.M.
ROOM 318,
DAL S.U.B.
INTRODUCTION
TO AIMS OF
CLUB
ELECTION OF
OFFICERS
EVERYONE
WELCOME!**

by the Counselling & Psychological Service Staff

People are often confused by the world "counselling". The name provokes a range of connotations: picture the legendary high school guidance counsellor helping students arrange classes and holding disciplinary talks with tardy students; and, then there's the stereotyped psychoanalyst who stretches patients out on couches and charges a fortune.



Dalhousie's Counselling and Psychological Service Centre, like other university counselling services, is staffed primarily by doctorally-trained psychologists. Consequently, the services offered are based on the principles of psychology rather than those of psychoanalysis or education. In psychological intervention, the counsellor's role is not to cure diseases but to help clients LEARN more effective ways of behaving and thinking.

In our view, the longterm solution of most difficulties lies in the learning of skills and mental strategies that enable a person to cope successfully with his day to day problems. Counselling is a joint problem-solving effort; our goal is for the client to develop self-control and direction rather than become dependent on our counselling services and techniques.

You can see a counsellor either individually or through one of the developmental programs. The latter are designed to help the student

develop the capacity to cope successfully in the university environment and includes the following programs: management of test anxiety, study skills, career planning, control of tension headaches and social skills development. Sex and relationship counselling is offered to couples on an individual couple basis.

Centre services are open to all students. The concerns that bring people to the Centre range from concern over poor study habits or low study motivation, to debilitating anxiety or depression, to the inability to form productive relationships with others. Confidentiality is carefully observed; no information is released without the student's consent.

The Centre's Resource Room is open from 9 to 5 pm and contains a variety of educational and career planning aids, including university catalogues, and Occupational Information Monographs.

Students are encouraged to make appointments by calling 424-2081 or dropping up to the Centre, 4th floor of the SUB, weekdays, 9-5 pm. A staff member can usually see a student immediately if necessary, but generally appointments are made a couple of days in advance. There is no charge for general counselling services.

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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Anti-gay

To the Gazette:

I have had just about enough of the "Gay" content in your newspaper lately.

Eight thousand students at Dalhousie are paying \$50.00 in student union fees, an undisclosed portion of which goes to **the Gazette**; so we are paying for those "free issues" that we pick up. If there were any way that we could ensure that our money not go to **the Gazette**, believe me, the 90% of us that are **not** homosexually oriented would do so.

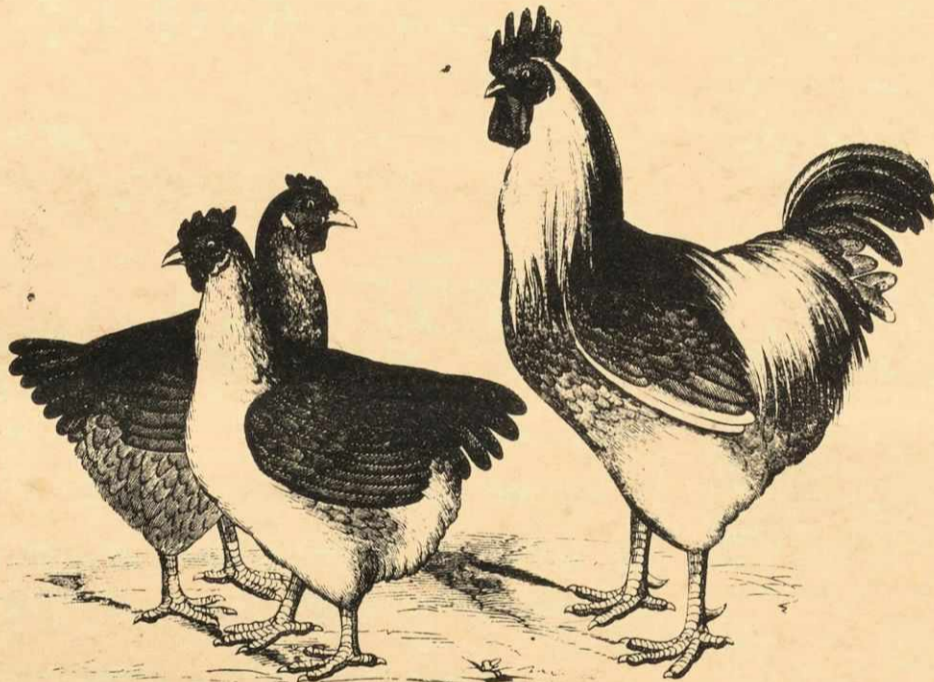
The Gazette is supposed to be a university newspaper and as such should provide good reading material to the entire student body. By your own statistics only 10% of the population is gay and yet you have devoted 40%!! of issue #3 to this minority group. Now you may say that you are printing this garbage for everyone to read, but face it, enough is enough!! It is not that we are "Victorian prudes" (yes I read your introduction on Pg. 9), because we know gays exist and there is nothing we can do about that (apparently you are now considered mentally, though not emotionally, normal), it is just that we don't like to (nor should we have to) be exposed to it. It is something that just does not call for such widespread publication.

Hell, did you know that 95% of the population masturbates (yes, even your grandmother), and it is very normal and natural (moreso I suggest than homosexuality, which you call natural), yet do you write about it? Of course not, it is simply one of those things that you don't publicize.

Listen "Gays" we all know you exist and that is all we want to know. We really don't give a damn about whether monkeys do it, or where your last and next meeting was and/or will be; so knock it off!!

I sincerely hope that other students will take the time to follow my example and issue a vote of non-confidence to the editor.

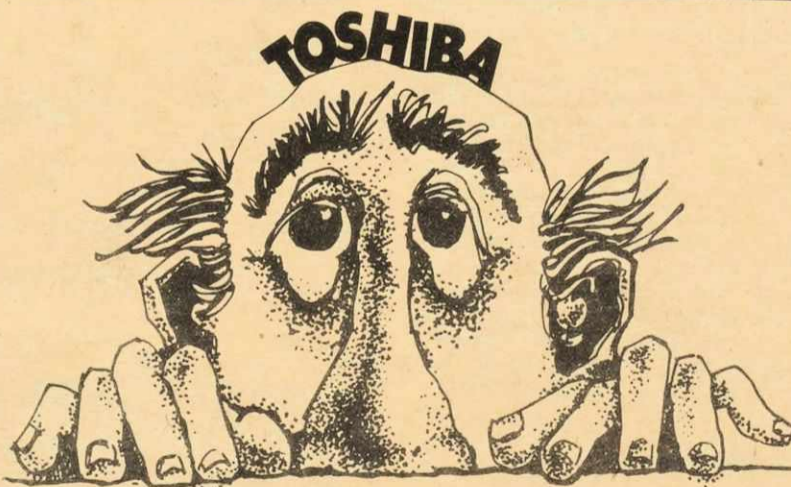
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