

Free therapy on campus

Counsellors strive to remove barriers

By WARREN CLEMENTS

If a student gets drunk, his friends cart him off to a secluded place to sober up.

If he tears apart the residence, the Don or senior tutor handles him in some appropriate fashion.

But if he's having hassles in his personal life, the answer may lie with a team of roughly 40 secretaries, counsellors and administrators in the Behavioural Sciences Building, who gather under the banner of The Counselling and Development Centre.

When the Centre originated on the Glendon campus in 1960, it was called Psychological Services, and guarded that name even after the move to its present quarters in 1966. The title was changed last year to include the idea of "development."

"Six years ago we were just offering sensitivity groups," explained group programme assistant Nancy Steinberg. "Then we moved through therapy groups, and for the first time this year we're offering assertive training and couples groups."

UNREALISTIC SELF

Basically the groups deal with difficulties in communication, problems in participating and belonging to groups, feelings of loneliness and dissatisfaction with relationships with others and unrealistic pictures of the self.

"The assertive training group would be for people who find it difficult to be assertive," said Steinberg. "They might be passive or overly aggressive, and we have to show them the middle ground."

"On the other hand, the growth group goes on the assumption that you have no major problems, but would like to become a better person."

"This might," said programme

coordinator Ann Salter, "mean more effective communication with your peer group, defining your own goals within the relationship and trying to strengthen it."

"Couples may be having difficulties with their relationship but still want to continue it."

ONLY TWELVE

The major divisions are sensitivity, therapy, gestalt, couples, group communication, assertive training and women's groups. The enrolment is generally limited to 12, and the organizers stress that interested persons should register as soon as possible.

Unusually high interest may prompt a back-up therapy group, for instance, but the gestalt group, which is traditionally flooded with applications, has no chance of expanding.

There are forms to be filled out to ensure that applicants know what they're walking into.

"If you expect the group to change you over completely or to solve all of your problems," wrote Dr. Herbert Pollack, "you are very likely to be disappointed. You should be aware that the group, being an intensive interpersonal situation, can be threatening at times."

"Demands are usually made of individuals to take risks in the form of being more open and revealing certain aspects of themselves to others. For those students who have qualms about doing this in the presence of others, the group may not be the proper programme."

MESSAGE SENSORS

The sensitivity-training group analyzes what kinds of "messages"

you send, verbally and non-verbally, and how well you perceive "messages" presented to you by others. The therapy groups use psycho-drama, role-playing and gestalt to spur on group interaction.

The group communication programme attempts to help the student function better in tutorial groups, through speeches, debate and measuring of anxiety, and meet such complaints as shyness, difficul-

ty in expressing oneself and fears that one's comments will sound foolish or be criticized harshly.

If the nature of the programmes seems interesting, students, faculty and staff are invited to phone 667-2305 or see the receptionist in Room 145. All forms and conversations are kept in confidence, and barring a minimal deposit, refundable if one attends a sufficient number of classes, the groups are free of charge.

Women's workshops study altered roles

By BONNIE SANDISON

All women of the York community are invited to discuss the changing roles of women in society, at informal workshops and in group sessions.

The leisurely Tuesday and Wednesday coffee hours held from noon to 4 p.m. in room 148 Behavioural Science Building, offer women the chance to drop-in and discuss with other women their roles, aims, and ideas. A library of recent feminist material is available for anyone's use.

Under the leadership of Sandra Pyke, different awareness and assertive groups are being planned.

"The groups have no political bias, nor are they taking on any causes at this time," said Sandra Barraclough, one of the many co-ordinators of the programme.

"We plan to continue the discussion groups, covering interesting topics of the day, at least until Christmas. A new programme of seminars and guest speakers is in the

planning stage for after Christmas."

Also new this year is the Feminist Counselling, which will give women a chance to seek counsellors who have a better understanding of women's problem in their roles today.

A couples Weekend Workshop, designed to look at women's roles not only through the eyes of women but also of men is currently in the works.

All the groups depend on the participation and interest of those taking part.

"There is interest in the programme here at York, and it has proven to be viable," Barraclough explained. "Our problem is the need for recognition."

Groups will be arranged according to individual interests and timetables. More information can be obtained by dropping into the coffee hour Tuesday or Wednesday, or by contacting Sandra Barraclough at 667-2519.



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Up in smoke

A fire which broke out in a Founders College office last Friday night has resulted in an estimated \$5,000 damage.

The fire, in room 216 apparently started after the careless disposal of cigarette ash in a wastebasket; it then quickly spread through some bookshelves to the ceiling.

Several surrounding offices, including the office of the college master, were damaged by smoke penetration.

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