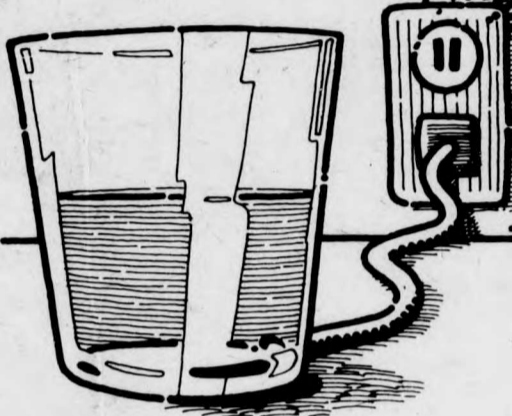


A shot in the dark



When you're drinking tequila, Sauza's the only shot that counts. That's why more and more people are asking for it by name.

TEQUILA SAUZA



Number One in Mexico.
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Harbinger's column

Harbinger is York University's peer counselling and referral service. Drop in at 214 Vanier residence or phone 667-3059-3632. Open 10-6, Monday to Friday.

Problems women confront with male-oriented therapy

So you're seriously considering seeing a therapist? Things are so heavy that maybe you're fighting all the time with your husband-wife, boyfriend-girlfriend, children, friends, co-workers, or all of them!

Or maybe you're not fighting but you should be.

No doubt many of you have already tried therapy and found that at best it did nothing or at worst created greater problems. So as far

as you're concerned therapy is another trap set for unsuspecting consumers and a pox on us for suggesting it as an aid to anything.

The doctor-psychiatrist-therapist is usually a male professional who "treats" his sick "patient". Sometimes he treats with drugs and sometimes with talk, but in either case, the therapist wears a mask of professionalism and expertise. By doing so he both triggers and strengthens the tendency in most of us (inculcated in childhood by parents and school) to invest him with unwarranted power and authority.

With this power and his position to maintain, the psychiatrist is almost structurally bound to be a controlled, withholding person, seeming to know all about you yet unwilling to share that knowledge.

How many of you have visited a psychiatrist week after week, spewing out your innards, only to hear a deadening silence in return?

How many of you have taken your depression, anxieties, feeling of isolation to a doctor or psychiatrist and been given a tranquilizer to pacify or uplift, rather than real human warmth?

Therapy can also be an important tool in getting people to adjust to a society that is unhealthy.

It has been particularly instrumental in the continuing oppression of women in North America.

Influenced by the Victorian ideology of Freud and his followers, most twentieth century schools of psycho-therapy have fostered a view of women which was suited to their secondary role in a capitalist society — that is, unpaid labour in the home and-or cheap labour for the factories and more recently for the service industry.

A woman was considered deviant if she opposed her role as mother, cheap nurturer, and passive receptacle for the needs and desires of a man.

Many therapists, including women trained in institutions devoted to the maintenance of male supremacy, continue to hold these beliefs and either overtly or covertly communicate them to their clients.

For example, a woman struggling to achieve equality with her husband and children might be viewed in the therapist's mind as expressing "penis envy", taking on "male" characteristics and denying her "natural destiny" as a female.

The level of anger and rage felt by the woman might in fact be tied to the anger and rage she still feels towards a father who had power over her as a child. It is important that both the past and present anger be validated and the client helped to understand how and why they are connected.

It is not only the Freudian or neo-Freudian schools whose attitudes and values lead them to invalidate people's righteous anger. Many of the newer schools under the category of "the human growth movement" present similar problems, particularly in their focus on communication, immediate expression of feeling and the like.

It is from this new field that many corporations are drawing expertise and assistance to help them obscure the real issues of power and control.

Therapy cannot change the world out there. It can only help you deal with it in a way more effective for you.

By the Women's Counselling Referral and Education Centre. Reprinted from the Clarion.



MBA

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Full-time
Part-time

McMaster University now has a third option for students interested in proceeding to a Master of Business Administration degree: a co-operative option, whereby students alternate four-month periods of study and relevant work experience. A limited number of applications will be accepted for the semester beginning in September, 1977.

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