

Counselling services has much to offer

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They are, indeed, beautiful! The new Counselling Service offices are open, airy and spacious. They give an aura of warm friendliness and positiveness which enveloped one the minute one steps inside the new offices, which are now located in the Alumni Memorial Building, downstairs across from the office of the Dean of Students.

This "new look" the Counselling Services is sporting was created by none other than UNB's physical plant staff and a contractor. The new offices can, and do, benefit counselling sessions, for now this warm, relaxing environment encourages openness and confidence. As Dr. Ralph Brieman, Director of Counselling Services remarked, "It's so much easier to do your job when you don't have to work against the environment and the building." Whereas before, while occupying Annex B, the building hindered counselling (relaxation exercises would be frequently disrupted by the clanging of heating pipes) now the new offices assist greatly in conveying an attitude of deep caring, respect and warmth.

In accordance with this care and respect, there are a number of group programmes. Counselling offers each term, the first being a Human Relations Communications Workshop. This workshop held its first Orientation meeting Tuesday, Jan. 20 but Dr. Bierman said anyone who is interested still has time to become involved, provided he/she phones him to obtain more information on whether this workshop is "right" for him/her.

The goals of this workshop are, firstly to develop mutual helping skills of empathy, respect, genuineness and shared self-experiencing. Secondly, it is to enable the participants to better meet their needs for security, belongingness and mutual support, self-esteem and self-direction. Thirdly, it is to help couples restore emotional contact with each other. As one can deduce, it is very intensive and emotionally and physically demanding. But it is a good kind of tired, because it provides one with the chance to be himself, to be open in-

stead of trying to live up to the roles society has thrust upon him. It is a comforting and secure feeling if one can be himself and be warmly accepted by others.

The second small group programme offered at the Counselling Service deals with Exam Skills. Mr. Reg Craft, a counsellor conducts this programme in small groups. The dates of the programme to be offered this term have yet to be announced, but they will be, rest assured. This programme will be offered as it was last term, for both full-time and part-time students, either on the weekend or on a series of evenings.

Serena Knockwood heads the third programme, the Native Career Programme. This is in its experimental stage and is already underway. Serena and Reg Craft are conducting this programme together. Also, a writing workshop for native students conducted by Serena and Bill Davy is a group class (composed of 18 students) from STU. Two classes will be held, one concentrating on how to write a long essay, the other, one short essay. The dates of these two classes are Feb. 5 and 12. If you are a student who attends STU and are interested in this programme please contact Serena immediately.

Serena is not only involved in this Career Programme, she is also the Native Student Advisor, who is available for "one-on-one" counselling, instruction in writing labs and career options. Serena will also bring a student (who needs support and help) together with an experienced counsellor if they have personal or marital problems. She will sit in on the counselling session to bridge the cultural gap. Serena supplements counselling with specific services to meet the needs of native students in making the transition from home to university.

Career counselling is offered to anyone and everyone. The extensive career information library contains catalogues from every university and college in Canada, and boats information on a range of careers and university and college training programmed in North America.

Career counselling is an important part of the very

helpful Counselling Service. One-quarter of all who go to the service do so for career-counselling. The first step here is to have a "career exploratory interview." Sometimes, this is all that is needed. If not, then the second step, career testing is followed. This test is to clarify interests and personality qualities which are then matched up with career options.

Dr. Bill Davy conducts the Writing Lab. In this lab he works on study skills and the development of writing skills for writing essays. Dr. Davy will work with a specific assignment. He concentrates on the format of the essay.

Counselling also extends to high school students who intend on attending the university and mature, older-than-average students. High school students may come for career help during May through September. A Task Force has been organized to work with the Department of Extension and Summer Session and with STU to develop a programme to help older-than-average students make the transition to university from their former lifestyles, which, at times is quite a contrast.

By far, the major part of the work done by the Counselling Service deals with social-emotional problems. This includes personal problems one encounters in everyday living. For this kind of problem, counselling is carried out in a personal, private, "one-on-one" basis. Also included is marital, or couple work, either to help couples resolve conflicts or to move through the process of separating. Counselling attempts to make it easier, and to provide comfort to help reduce the pain of grieving, for it is easy to get into a rut there, or to feel better and angry. Counselling does not only concentrate on comforting if a partner has been lost through separation, it is also concerned with loss through a death as well. This may be recent or something which happened years ago. Either way, the Counselling Service is there to comfort and help you to learn how to cope not only with losing someone but everyday problems that life dishes out - lack of self-esteem, the ability to separate from your parents.

Tension control is yet

another area in which one may receive help. Relaxation techniques are taught so as to keep stress at a manageable level. Because there is so much pressure to achieve, people need to know how to cope with stress. To this end, there is a recliner in the room which is used. The room may be booked and through the use of a relaxation tape you can learn relaxation techniques.

There is also Crisis Counselling. If pressure becomes too hard to handle, or if you need a friend, or just anyone to talk to, phone Counselling Services at 453-4820 or 4821. During really rough times when you need care, comfort and strength, they are always there to help.

The Counsellors are a team who are bound by warmth and caring. This open show of trust, care and support ex-

tends to everyone they meet and help.

In times of real crisis it is a very important part of a person's struggle to find support and courage. This can be found in the counsellors, along with a lot of trust, and genuine concern. They try to help you deal with your problems better, all the while retaining trust and confidence in you. Why do they do this? Their reward is helping - in seeing someone with many unmanageable problems learn to cope with them better. This transformation warms their heart.

If ever the time arises and you are at loss as to where to go regarding career counselling, academic counselling (writing and exam skills) or personal counselling remember the Counselling Service in the STUD, it is there for you.

Berger to deliver Bennett lecture

British Columbia Supreme Court Justice Thomas R. Berger, best-known in Canada as commissioner of the MacKenzie Valley Pipeline Inquiry, will give the 1981 Viscount Bennett Memorial Lecture in Law at UNB.

Judge Berger will speak on "Minority Rights and Dissent in Canada," at 8:15 p.m. Tuesday in Room 2, Ludlow Hall on the UNB Fredericton campus.

The 47 year old native of Victoria B.C., was appointed to head the MacKenzie Valley Pipeline Inquiry in 1974. At the time he was chairman of BC's influential royal commission on family and children's law, and permanent interpreter of the master agreement between the International Woodworkers of America and the forest companies of B.C., and had been a justice of the B.C. Supreme Court for more than two years.

Judge Berger had practiced law for 14 years after graduating from the UBC faculty of law. A member of both Parliament and the B.C. Legislature for his riding of Vancouver-Burrard, and for one year leader of the provincial New Democratic Party, he frequently represented labour in court.

Judge Berger is best-known, however, as a champion of native rights. In 1965 he successfully pleaded a test case on native hunting rights before the Supreme Court of Canada. In 1971 he was back before the Supreme Court, arguing the Nishga case on the aboriginal rights of the Indians of B.C. The opinions of Chief Justice Laskin, Mr. Justice Hall, and Mr. Justice Spence on this case, in which they upheld the Indians' claim that their aboriginal title to the province had never been extinguished, constitute the main legal basis for the assertion of native rights today throughout Canada.

Judge Berger's approach to the MacKenzie Valley Pipeline Inquiry took him all over the North. He ultimately recommended that the federal government reject the Artic Gas proposal to build a pipeline along the MacKenzie Valley, and approve a pipeline along the Alaska Highway route-recommendations which the government accepted. His report on the inquiry was the largest-selling document ever published by the Canadian government, and has had impact on the way in which inquiries are conducted, on environmental values, and on native land claims in Canada and elsewhere.