

Attitudes persist toward counseling

It has been said that anyone who goes to a shrink ought to have his head examined. An old joke, it reflects a common attitude. Such skepticism toward professional counseling is amazingly prevalent even today when such services are in great demand. Millions of people each year seek professional counseling to solve marital and family, as well as individual, emotional problems.

Yet old attitudes, fears and misconceptions persist among the general public regarding people who seek such help and things that happen in counseling sessions.

Stereotyped images of silent counselors, leather couches and waiting rooms filled with eccentric clients still provide material for situation comedies on television and tired old jokes.

Recently, these have been joined by portrayals of spectacular new techniques which cause clients to scream, perform physical exercises and fight with pillows.

FOR MANY, THESE are the images conjured up when they hear the words counseling and psychotherapy. They are extremely inaccurate as general representations. These stereotypes can rarely be found in the real world of counseling.

By
BOB TRENZ,
Ph.D.



Of all misconceptions, most harmful are ones depicting clients as crazy, obnoxious individuals, extremely dependent on their therapist.

Thanks to television comedy caricatures of nervous, stupid and self-defeating clients, it's no wonder many people are ashamed to admit to friends they are seeking professional counseling.

The vast majority who attend marriage and individual counseling sessions are intelligent, generally successful human beings suffering a temporary personal setback or hoping to better their lives. It's unfortunate such individuals have to

be concerned about how others interpret their need for counseling, but they do. Too many people, raised with the "rugged individualism" or higher rubric in our society, feel it is a sign of personal weakness to lean on professional help instead of working things out independently.

These same people often believe clients are wasting time in self-indulgent, self-centered discussions of their personalities. To such self-reliant individuals, counseling seems like contemplation of one's emotional navel, rather than a concrete step toward solving one's problems.

FACED WITH SUCH skeptical attitudes in friends, family and even himself, the typical counseling client needs help with mixed feelings. Even worse, many people avoid such help in spite of needing it, because they are ashamed.

Some treat counseling as a dangerous secret even their family shouldn't know. Another obstacle keeping people from professional help is fear it may break up his family or disrupt his life. Counseling agencies are sometimes seen as demoralizing which encourage drastic, sudden changes in people's lives, even if it means leaving mates behind.

This is, by far, an exception to the way

most professional counselors operate. The majority strive to avoid unnecessary damage to families and clients. Responsible agencies almost always involve spouses and families as co-clients when substantial personal growth is being promoted in an individual.

Clients don't have to be passive victims of counselor's errors. If a client feels professional advice is leading him away from his own values or causing unnecessary harm to others, he can say so. This kind of mutual participation is welcomed by responsible counselors.

Contrary to old misconceptions that most people do not need professional help, almost everyone could benefit from good professional help sometime in his life. Life is filled with crises and frustrations. Many can be solved with help from family or friends, but others are not so easily remedied.

Sometimes an individual is confronted with problems that seem unsolvable. They might involve touchy personal matters difficult to examine and embarrassing to share with a friend. They might require more understanding and skills than most people have.

That's the time when that individual should feel free to seek help from a profes-

sional counselor, one who has learned the craft of objective problem-solving and understands the importance of emotional factors.

It is definitely not the time for misconceptions and exaggerated fears to be a major consideration.

see us for
diamonds
From \$390

Fredrick Jewellers
ESTABLISHED 1911
883 West Long Lake Road 644-0973

European Facial Treatments

Services Include:

- Electrolysis
- Leg Waxing
- Private Make-Up Lessons
- Eyebrows and Eyelashes Tinted
- Skin Care
- Body Massage (ladies only)

For Free Brochure Of Services — Please Write Address Below

Mary Glancy European Facial and Cosmetic Salon
102 Pierce, Birmingham 642-6787

Neighborhood good will is theme

"Creating Neighborhoods of Good Will" is the theme of the annual Border Cities

Conference on Rearing Children of Good Will, scheduled Thursday, Feb. 19, from 9

a.m. to 3 p.m. in Mercy College, Southfield expressway at Oster Drive, Detroit. The Detroit Round Table, National Conference of Christians and Jews, is sponsoring the event with the backing of more than 80 community, religious and school-related organizations in the metropolitan area.

Among the persons working on arrangements are Mrs. Muriel Israel, program chairman of the American Jewish Congress; Mrs. Leo Ardes, president of the Council of Jewish Women's Organizations; and Gloria Ruskin, Jewish Community Council. All are Southfield residents. Principal speakers include the Rev. William Cunningham of Focal Hope; Elizabeth

Hend, executive director of Education Consultants, Inc.; and Mrs. June Shedd of the Detroit Round Table, National Conference of Christians and Jews.

The theme was chosen by the planning committee because its members believed the key to rearing children of good will is having the kind of neighborhoods in which such children can live.

The conference will explore reasons for past difficulties in creating stable, integrated neighborhoods, and the steps that can be taken to create them in Detroit and the suburbs.

Registration, including lunch, is \$6. or \$9 for students. Call Joseph Rabelat at the Round Table headquarters, 139 W. Boston Blvd., Detroit, to register.

Volunteers

This column describing volunteer needs in Oakland County is cosponsored by the Junior League of Birmingham and the Oakland County Volunteer Bureau.

OU workshops view values, communication

Workshops in values clarification and communication are scheduled the month through the Continuum Center for Adult Counseling and Leadership Training at Oakland University.

Two one-day sessions on communications, one for teens and one for adults as well as a single workshop on values clarification will be held in the OU club-house, located on Adams just south of Walton in Rochester.

Kitty Dubin of Birmingham will lead the workshop on values clarification, which she described as "a process that helps people make satisfying life decisions" on Thursday, Feb. 26, from 10 a.m. to 5 p.m.

She said she would base the workshop on the system developed by Howard Kirshenbaum and Sidney Simon in a book titled "Values Clarification."

"Our workshop will be almost totally experiential learning—very little lecturing," said Ms. Dubin, who earned an MA in guidance and counseling at Oakland. "People have arbitrary rules about what they should value. Our emphasis will be on what they do value."

The workshops in communications are scheduled Wednesday, Feb. 25, from 7:30 to 10:30 p.m. for adults and from 10 a.m. to 4 p.m. for high school students.

The latter session is designed for students who are having difficulty talking with family members, adults in authority and friends. Its emphasis is on helping them look at how they are communicating and practicing skills in a small group setting.

Adults also will learn effective listening and will be able to practice skills. To register for any of the workshops, call the OU continuum center.

SANCTUARY. Pleasant Ridge is a run-away shelter servicing Oakland County youth between the ages of 12 and 17. The Sanctuary provides intensive one-to-one counseling to help work towards family reconciliation or alternative placement. There is a 15-day maximum stay. Volunteers interested in sharing a skill, supervising an activity or informal rapping on evenings or week-ends also are needed. Volunteers must attend a meeting on the last Sunday evening of each month.

BOYS CLUB OF ALBURN HEIGHTS offers a variety of recreational and educational activities for boys and girls and senior citizens. Volunteers are needed to assist with arts and crafts, games such as chess, ping pong and checkers, and special interest groups such as photography and stamp clubs. Volunteers also are needed as coaches for basketball, floor hockey, etc. Boys Club is open from 3 to 8 p.m. Monday through Friday and from 8 a.m. to 8 p.m. Saturday. Volunteer hours are flexible. On-the-job training is provided.

GATEWAY CRISIS CENTER, Madison Heights, provides counseling for emotional problems. Volunteers are needed to answer the telephone and staff the center from 7 to 11 p.m. Volunteers also will be involved in community affairs work. Thirty hours of initial training is provided in a weekend session and ongoing in-service training is offered in skill sessions. The volunteer program is designed to develop counseling skills. A legal clinic is held from 7:30 to 9:30 p.m. Monday and Wednesdays. Attorneys willing to donate their time are needed.

Marchuz presents
The Pastry Shops

- Birmingham's Finest Pastries
- Wedding Cakes
- Special Party Cakes

Marchuz Bloomfield Plaza
Telegraph at Maple 626-4203

Marchuz West Maple
160 West Maple 644-1016

Marchuz Adams Square
633 South Adams Road 644-1031

A MAJOR WOMAN EXHIBIT
Weaving & Wood

Stephen Bobby Thurston Falwell

FANTASY IN FIBER
HANDCRAFTED CONTEMPORARY FURNITURE

February 2-14

SOMERSET MALL
Big Beaver Road at Coolidge, Troy
Hours: Thursday & Friday 10-9 other days 10-6

Fabulous Mountings for Your Diamonds or Ours

Rekindle the fiery beauty of your old diamonds in modern gold settings like these. Our talented designers will create that special ring to display your gems to best advantage. Or help you select from our private collection of fine, unset diamonds. All diamonds reset on the premises in our own workshop.

Fredrick Jewellers
ESTABLISHED 1911
883 West Long Lake Road 644-0973

The Fashion Key is, the California Shirt Dress for Spring '76

Be ready for bouquets of compliments in a fresh-looking shirt dress. Endless possibilities for North or South. Impeccably tailored of washable polyester. *Left* Dashing polka dot, zip-front, inverted pleated skirt. Green or coral with white dots. Misses' sizes 10 to 20. 60.00. *Right* All over print with bordered pleated skirt. Black and white with green or blue border. Misses' sizes 8 to 20. 56.00.

Better Dress Dept.

Siegel

WOODWARD AT STATE
7 MILE AT LIVERMORE
EASTLAND CENTER
BIRMINGHAM
THE VILLAGE PLAZA
DEARBORN
NORTHLAND