

# It takes 3 to counsel a couple

Although many believe "three's a crowd," Dr. Merle Ohlsen, professor emeritus of educational psychology at the University of Illinois, thinks it's a perfect number.

Ohlsen, a consultant to a family counseling and therapy workshop at Eastern Michigan University, espouses a "triad model of family counseling." That is, he uses two family members and an objective third party to work out family problems.

He believes the triad approach relieves the offensive-defensive tone so often present in one-on-one disagreements.

"If I'm working with a husband and wife as a couple, when one talks, I teach the other to be my helper, rather than a critic," he said.

"I've discovered that criticism kills love. Often the two (husband and wife) have already torn each other up with criticism. So, when they're here with me, and are discussing their pain and where they hurt, there are no critics, only helpers," Ohlsen said.

IN THE TRIAD mode, Ohlsen uses "reflection" to make educated guesses as to where the hurts are, then helps his clients to discuss them as well as to decide what they will do about them.

In addition, he frequently translates the triad into a larger group setting, usually working with about five couples, and finds this type of counseling especially productive.

"You may be struggling with something that you can't figure out how to deal with, with your husband. But maybe one of the other guys (in the group) will volunteer. And through role-playing, the problem is brought out in the open," Ohlsen said.

Also, according to Ohlsen, the "dumb things" that people do and say to each other, which hurt a relationship, often times are hidden in blind spots. "The couples may not be able to see it in themselves, but they'll see it in you and your spouse. And they'll say, 'Oh, come on, how could you do something so dumb?' when five minutes earlier you saw them doing the same thing," he said.

THOSE OBSERVATIONS sometimes have more credence when made by peers, according to Ohlsen. "They expect me, as a counselor and therapist, to see through their behaviors. But when a layman sees through it, they say 'It must really be dumb if even you can catch me in it,'" he said.

Ohlsen thinks just about every married couple needs counseling at some time during the course of their marriage. "The people who say they don't need help probably feel they just can't bear getting help or they're really disturbed people. Generally, the people who accept help are healthier than the rest of the population," he said.

In saying this, however, Ohlsen does not see professional counseling as a necessity in every marriage. "Some people get help by reading 'good books. They'll read a good self-help book, then the person and his or her spouse will talk," he said.

ANOTHER REASON people neglect to seek counseling or even self-help, according to Ohlsen, is that they have low expectations for their own quality of life.

"Many people expect to lead miserable lives. And I'm continually surprised at the kind of quality of life people are satisfied with," he said. "They don't really know they can have a better life."

Ohlsen earned his doctorate from the University of Iowa. He worked in public schools for seven years as an elementary school teacher, secondary school teacher and senior high school principal. Ohlsen taught mathematics at the University of Iowa, was a counselor and educator at Washington State University, taught educational psychology at the University of Illinois from 1950 to 1969 and currently is Visiting distinguished professor emeritus of guidance and psychological services at Indiana State University.

Hundreds of

## MUSIC BOXES

Special Place

11145 Eureka Rd. Southgate  
283-8790

# Bedridden mother dizzy on getting up

Dear Jo:

My mother (age 77) has been on bed rest for over a month now for a medical problem that is now very much under control.

We are having a problem getting her "going" again as every time she tried to get out of bed she gets so dizzy that she has to lie down again. Her doctor says she is experiencing something called orthostatic hypotension. He suggested that we still get her up but go about it more slowly.

Would you please discuss this problem in your column and perhaps make some suggestions as to how we can get our mom back to her "old active self" again.

Dear Mrs. Y:

Many older people experience orthostatic hypotension after prolonged period of bed rest. Apparently,

gerontology

**A. Jolayne Farrell**

ly, their immobility leads to decreased muscle tone in the legs causing the return of blood from the legs to the heart to be decreased.

As a result, the output from the heart is lowered. And when persons such as your mother attempt to change from a lying to a sitting position, they become dizzy, lightheaded or may even see spots in front of their eyes.

Your mother shouldn't be discouraged by this setback but should work on increasing her strength, particularly in her legs, even as she lies in bed.

She can begin to do this first by moving around in bed minutes and then by doing leg exercises.

SEVERAL TIMES a day, you can place one pillow and then two or three under her head for short periods of time so that her head is elevated while she is still in a safe and comfortable position.

More you attempt to get her up in a chair, have her raise herself halfway up by supporting herself

with her elbows for a few minutes. Then while supporting her so she won't fall, have her dangle her feet over the side of the bed. Finally, if she is not dizzy, help her to sit on a chair.

To ensure her safety, stay with her while she's up. For best results, start with her sitting up for about five minutes and increase her time over a period of a few days.

If her dizziness does not improve, you may want to speak to her doctor about the use of elastic hose. They are helpful in assisting venous blood return from her legs to her heart.

AS TIME passes and your mother feels that she is ready to walk — again, go at it slowly, and increase the time over a period of days.

Some of the safety precautions

that should be taken when helping your mother to walk are the use of shoes that fit properly (not slippers) and a safety belt around her waist so you can get a good grip on her while she is walking.

As her condition improves, she should still be aware that this problem could recur, so she should always get up from a lying or sitting position in a slow and deliberate manner.

It may take your mother up to a month to get back to her "old active self" again but it will be well worth the effort.

Readers can write to Jolayne Farrell at P.O. Box 66, Postal Station G., 1075 Queen Street East, Toronto, Ontario M4M 3E8.

## PARENTS

of 11-14 year old children are invited to Coffee and Conversation

Wednesday, November 12th 9:00-11:00 a.m.

- Learn about characteristics of gifted adolescents
- Talk to experienced educators
- Discover first-hand how a gifted program can make a difference

**ROEPER**  
THE SCHOOL FOR GIFTED STUDENTS  
642-1500

## GOING OUT OF BUSINESS

Forced to Vacate - Building is Coming Down

### SELLING OUT Entire Stock

## HUNTER TAILOR & CLOTHIER

348 E. Maple • Birmingham • 647-4050  
(between Woodward & Hunter)

### FINE QUALITY MENSWEAR

Store Hours: Mon., Tues., Wed. & Sat. 9-6; Thurs. & Fri. 10-8

### PRICES CUT SUBSTANTIALLY, AGAIN!

|                 |                 |
|-----------------|-----------------|
| Suits to \$395  | Suits to \$280  |
| <b>\$188.88</b> | <b>\$128.88</b> |

ALL SALES FINAL • NO REFUND • NO EXCHANGE

|                  |                     |
|------------------|---------------------|
| Trousers to \$70 | Sportcoats to \$200 |
| <b>\$28.88</b>   | <b>\$88.88</b>      |

ALL ITEMS SUBJECT TO PRIOR SALES

|                           |                      |
|---------------------------|----------------------|
| Shirts Monte Carlo - \$20 | Jockey Brief \$12.50 |
| <b>\$9.88</b>             | <b>\$8.88</b>        |

### HURRY JUST IN TIME FOR CHRISTMAS

ONE FINE NAME IN STERLING IS FAR MORE AFFORDABLE THAN YOU MIGHT THINK. OURS.

At G.W. Warren, we offer exceptionally competitive sterling pieces each and every day. In fact, our place settings start at just \$108. We have some of the best prices on serving pieces and open stock, too. And what's more, we offer interest-free financing for a full 12 months...along with free flannel storage bags. So if you're thinking of flatware, remember this. And think it us.

"Grande Baroque", from Wallace. Specially priced at \$72.40 per set.

**CHARLES W. WARREN**  
JEWELRY SINCE 1913  
11145 Eureka Rd. Southgate  
283-8790

# A.L. PRICE

## ALWAYS LOW PRICES Everyday on Everything

**SQUIBB**  
Glycerin Suppositories for Adults  
12-CT.  
**99¢**

**Cheracol**  
D COUGH FORMULA  
6 oz.  
**\$2.72**

**Noxzema**  
SKIN CREAM WITH PUMP DISPENSER  
**\$2.24**

**Nivea**  
SKIN OIL  
16 oz.  
**\$3.44**

**Eucerin**  
Moisturizing LOTION  
Unscented 16 oz.  
**\$4.43**

**Listerine**  
ANTI-SEPTIC  
32 oz.  
**\$2.99**

**Protein 29**  
Conditioning HAIR GROOM  
4 oz.  
**\$1.63**

**ONE A DAY**  
Essential  
**ONE-A-DAY ESSENTIAL**  
All 13 Essential Vitamins  
100 COUNT  
**\$3.98**

**MAXIMUM 100 COUNT \$5.99**  
**STRESS-GUARD 60 Count \$5.48**

**Bugs Bunny**  
VITAMINS  
60 CT. REGULAR  
**\$2.93**

**PLUS IRON 60 Count \$2.99**  
**PLUS VIT. C 60 Count \$3.46**  
**PLUS MINERALS 60 Count \$4.37**

**CORN SILK**  
**\$2.43**

**Corn Silk**  
• PRESSED POWDER  
• LOOSE POWDER  
• LIQUID MAKE-UP  
YOUR CHOICE  
**\$2.43**

**MENNEEN**  
Real SMOOTH-ON ANTI-PERSPIRANT  
**\$1.34**

**ONE A DAY**  
Within 15 Minutes  
**ONE-A-DAY WITHIN**  
ADVANCED MULTIVITAMINS FOR WOMEN  
100-CT. **\$3.97**

**BAYER**  
GENUINE **BAYER ASPIRIN**  
100-CT. **\$2.63**

**PANADOL**  
MAXIMUM STRENGTH **PANADOL CAPLETS**  
50-CT. **\$2.79**

**PANADOL**  
MAXIMUM STRENGTH **PANADOL TABLETS**  
100-CT. **\$4.23**

**VANQUISH**  
the extra-strength pain formula with two buffers  
**EXTRA STRENGTH VANQUISH CAPLETS**  
100-CT. **\$3.42**

**Triaminic**  
COLD TABLETS  
**TRIAMINIC COLD TABLETS**  
24-CT. **\$2.04**

**SINE-OFF**  
SINUS MEDICINE  
**SINE-OFF**  
24-CT. TABLETS **\$2.27**  
100 COUNT. \$4.99