

Guest Columnist

Tag comes free, or you can charge it

Editor's note: Marilyn Yurich discovered a few flaws in the mental health profession and related services. She discusses some of those flaws in the following guest column.

There are times in just about everyone's life when the going gets a little tough and pain begins to overpower pleasure.

One of the most difficult adjustments for me was becoming a mother and receiving divorce papers simultaneously. Needless to say, this was just a little bit more of a change than I could cope with. So with Medicaid card in one hand and a screaming cherub in the other I went for counseling.

Being a little naive to the whole business, I made an appointment with the first shrink I had would listen. He was a certified psychologist with a nice office in Southfield and that seemed like sufficient information to me.

My main concern was just having someone to talk to and talk we did. For about six months. He did a lot of head nodding and smiling, while I rambled on about the agonies of living alone.

This weekly session of chit-chat appeared to be a pretty good deal. I could bend his ear about all the hassles in my life and all for free.

Unfortunately, I found there was a price to be paid for all this concern. A cost called "labeling" among all the head men in the business. A label is a tag pinned on a person while in counseling. The psychiatrist (who you will never see) who runs the clinic will slap on a new name in return for money. This fact holds true with any type of insurance used. My first thoughts were: big deal, so what's in a name? I've been called lots of names and just took it in my stride.

It seems to hold a different light when the labeling is done by someone with a title. It could and can be very damaging. Not only can you get zapped with insurance but most clinics take Master Charge and then it shows up on the credit rating. Spiffy.

The labels come in all shapes and sizes, anywhere from mildly depressed with a touch of paranoia to manic depressive accompanied by the miosis and psychosis family. It is almost guaranteed there will be a lot for you somewhere.

It's been four years since my last visit to the doctor. I must admit I can't honestly see where his so-called insight and understanding lifted my feelings or added to my self-esteem. Time, personal close friends and family helped me the most—and without a tag.

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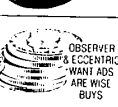
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A "Boost up the Family Tree" will highlight the annual meeting of the Friends of the Southfield Public Library at 7:30 p.m., Tuesday, Feb. 22.

Dr. Harold F. Powell, noted genealogist, will explain how amateur genealogists can begin tracing their ancestry. He will also include tips for those who have already started the process of searching for their roots. The

lesson will follow the general business meeting and election of new officers.

The meeting will be at the Bendix Center Executive Office auditorium, 26500 Civic Center Drive, between Evergreen and Northwestern.

All members of the Friends of the Library and the public are invited. There is no charge.

For more information call Ruth Alberts, 354-9612.

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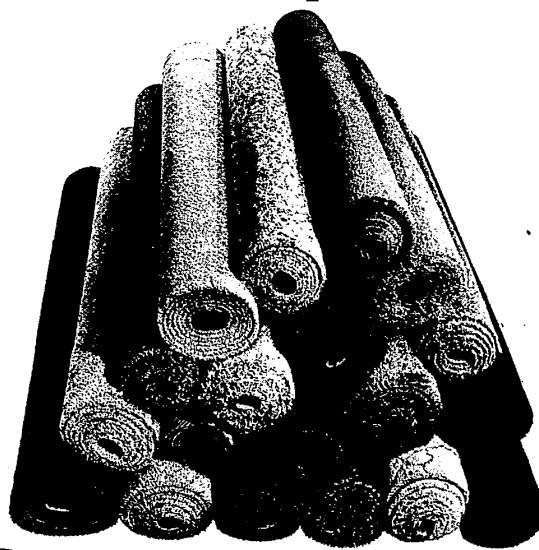
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