

Got a vice? Seek advice

# Ask the problem-solvers

By DEB KILCORE

Depression is the most common psychological problem of students at both Texas A&M University and the University of Texas, said Dr. Wade Birch, director of Texas A&M's Personal Counseling Service, and Marilyn Hatfield, executive director of UT's Counseling-Psychological Services Center.

Hatfield said, "Most (UT) students come in because they are depressed for a variety of reasons. Their second most important concern is improving their self-esteem. Their third concern is developing relationships with friends, and the fourth worry is making good grades."

Similarly, Texas A&M students are concerned with solving depression, loneliness, relationships with friends and self-esteem problems, Birch said.

"In counseling students, certain problems or themes tend to recur," Birch said. "The most common theme is what I call 'resolving the parent-child relationship.' It is going from relating to one's parents as a child to relating to the parents as an adult."

"Another problem is called 'forming a personal value system.' The student must decide what is best for him in terms of alcohol, drug use and boyfriend or girlfriend relationships," she said.

The selection of a future job is an important and often troublesome decision, Birch said. Some parents demand that their kids make a certain grade point ratio and graduate in four years. Texas A&M students themselves are very grade-conscious and competitive, Birch said.

Aggies and UT students also have similar counseling services to solve these problems. Both Texas A&M's and UT's counseling centers offer individual, group and emergency counseling. Counseling is free and available to all students at both universities. Faculty members are not counseled at Texas A&M, but UT faculty members are counseled on a one-time basis.

At Texas A&M, most counseling is on an individual basis and comes under the personal-social category, Birch said.

"Over 50 percent of our cases involve problems ranging from boyfriends to suicidal thoughts to incompatible roommates," Birch reported.

The counselors do a lot of listening and forming alternatives for students. However, students don't have to have serious problems to use the services, Birch said.

"We are primarily here to assist normal students with typical con-

cerns. In fact, 95 percent of Texas A&M's student population is quite normal," he said.

The counseling service also offers marriage and human sexuality counseling, group and career counseling.

The psychologists are trying group counseling in two areas. They have general development groups and topical groups, like assertiveness training. The group counseling is successful because the staff gets student feedback, Birch said.

Like Texas A&M, personal-social counseling on an individual basis is predominant at UT. However, Hatfield said, "We (psychologists at UT) are geared to short-term counseling to help students solve their immediate problems and stay in school. We don't have the staff or time to do long-term therapy for so many students, so we refer them to UT's health center or an Austin psychologist."

UT's group counseling is also divided into two areas: personal growth groups with group therapy and focused groups.

"Personal growth groups help students become more aware of their own feelings and learn how to deal with others," Hatfield said. "Group therapy helps students clarify and solve important issues," she said.

Focused groups assist in developing specific skills, like assertion skills and relaxation methods, she explained.

"More women ask for counseling because it's OK for women to talk about their problems. It's not accepted for men to let out their emotions," Birch said.

However, Texas A&M and UT differ in some services offered. Career counseling is offered at Texas A&M but is not included in UT's counseling service. But UT's Counseling-Psychological Services Center does offer 5-10 minute self-help tapes and 24-hour telephone counseling.

The tapes give information and suggestions on how to handle everyday problems from dealing with depression to how to choose a major, Hatfield said. They are available 24 hours a day and she said they are very popular with students.

Telephone counseling provides a continuous counseling service for immediate personal crises, Hatfield said.

Telephone counselors do nothing but answer the phone. They are trained to know when it is a real emergency and have a direct line to the health center and the police department. Many students prefer to call in for help since they don't have

to identify themselves, she said.

UT also has a walk-in team of psychologists on duty that take care of emergencies and new clients that come in without appointments.

Texas A&M's emergency services are similar to UT's. The personal counseling service has one psychologist free each morning and afternoon, Monday through Friday, to respond to real emergencies, Birch said. At night, from 5 p.m. to 8 a.m., one psychologist takes care of all emergencies that occur that week.

"If an emergency occurs after of-

"Over 50 percent of our cases involve problems ranging from boyfriends to suicidal thoughts to incompatible roommates," Birch reported.

After hours, call the police department or health service and they will decide if the student needs to see a psychologist then or the next morning," Birch added.

Birch and Hatfield agreed the following signs indicate an emergency may exist:

- + Discussion of suicide, including how, when and where.
- + Unusual behavior changes, like unexplained crying, inability to sleep or acutely increased activity.
- + Physical illness, like severe headaches or chronic digestive problems.
- + Drug or alcohol abuse. (Drug and alcohol problems are confidential except when another person is endangered.)

The majority of Texas A&M students requesting counseling are women who are either sophomores or juniors, Birch said.

"More women ask for counseling because it's okay for women to talk about their problems," Birch added. "It's not accepted for men to let out their emotions."

At UT, juniors, seniors and graduate students compose the majority of those seeking counseling, with equal number of men and women, Hatfield said.

Texas A&M's center counseled 1,185 Aggies in 1976-77 with six psychologists, four interns and one psychiatrist. UT's center counseled over 10,000 students with 11 psychologists, six interns and five psychiatrists.

Birch said, "We are inadequate in psychiatric help. The American Psychiatric Association says one psychiatrist is needed for every 20,000 people. Since we have 29,000 students at Texas A&M, we need another psychiatrist."

The staff cannot administer drugs without a psychiatrist or a doctor.

**POOH'S PARK**  
The PARK  
Amusement  
Center  
1907 Texas-C.S.  
693-5737

**CASUAL FASHIONS**  
for  
**GUYS & GALS**  
**TOP DRAWER**  
Culpepper Plaza

The Department of Philosophy  
and  
The Department of Sociology  
present  
Professor David Miller  
The University of Texas at Austin  
"The Sociology of George Herbert Mead"  
Thursday December 1, 3:00 p.m. Rudder 701  
"Process, Time and History"  
Friday December 2, 4:00 p.m. Rudder 404  
The Public is Invited  
Coming: December 15 Angelelli on  
The History of Logic

Celebrating our first business anniversary we are offering, for a limited period of time,  
**20% DISCOUNT**  
on all Studio services.  
Appointments necessary.  
Expires December 10, 1977

**Omega**  
INTERNATIONAL

846-5018  
4103 S. TEXAS AVENUE  
BRYAN PLACE BUILDING

**GUYS & GALS**  
HAIRSTYLING

**ARTS and CRAFTS FAIR**  
Dec. 1 - Dec. 2

**PREPARE FOR:** Our 39th Year  
MCAT • DAT • LSAT • GRE  
GMAT • OCAT • VAT • SAT  
NMB I, II, III,  
ECFMG • FLEX • VQE  
NAT'L DENTAL BOARDS  
NURSING BOARDS  
Flexible Programs & Hours  
There is a difference!!

**Stanley H. KAPLAN**  
EDUCATIONAL CENTER

Test Preparation Specialists Since 1938  
For Information Please Call:  
11300 N. Central Expwy.  
Suite 407  
Dallas, TX 75243  
(214) 750-0317  
in College Station:  
846-1322

**Tupinamba**  
Eddie Dominguez '66  
Joe Arciniega '74

**POP**  
those  
who  
demand  
the Real  
Thing!

If you want the real thing, not frozen or canned... We call it "Mexican Food Supreme."

Dallas location:  
3071 Northwest Hwy  
352-8570

**A LOT OF SONY FOR THE MONEY.**

TRINITRON PLUS

**\$679<sup>95</sup>**  
Reg. \$819.<sup>95</sup>

**REMOTE CONTROL**  
The Sony Trinitron Plus KV-2141R  
21" Screen Measured Diagonally.

**\$579<sup>95</sup>**  
Reg. \$699.<sup>95</sup>

**REMOTE CONTROL**  
Sony KV-1941R Trinitron Plus  
19" Screen Measured Diagonally.

**\$514<sup>95</sup>**  
Reg. \$619.<sup>95</sup>

**REMOTE CONTROL**  
Sony KV-1741R Trinitron Plus  
17" Screen Measured Diagonally.

**\$434<sup>95</sup>**  
Reg. \$538.<sup>95</sup>

**SONY KV-1724 TRINITRON PLUS**  
17" SCREEN MEASURED DIAGONALLY.

**SONY KV-1512 TRINITRON PLUS**  
15" SCREEN MEASURED DIAGONALLY.

**\$369<sup>95</sup>**  
Reg. \$459.<sup>95</sup>

**AUDIOVIDEO**  
707 Texas Ave. in College Station  
**846-5719**

Aggie Cinema Presents  
**Cat on a Hot Tin Roof**  
Wednesday Nov. 30  
8:00 pm Rudder Theater  
\$1.00 with I.D.

**Aggies**

- Tired of a long bus ride?
- Fed up with driving so far to class?
- Afraid of losing your deposit?

**Now You Can Make Your Move!**

- We guarantee your loss of deposit
- Shuttle Bus Route - 10 minute walk
- Friendly & Helpful Staff

— Ask for Betty or Sylvia —

**Old College Main Apartments**  
4302 College Main 846-2089

**Lasercraft**  
laser engravings

Just in time for Christmas, EOS has received an exclusive line of Lasercraft custom desk accessories. These distinctive accessories, of beautiful walnut engraved by laser, make the perfect Aggie Christmas present.

**EOS Engineering & Office Supply**

402 W. 25th  
Bryan  
822-2011

1412 Texas Ave.  
College Station  
693-9553