



# *next inSTALLment*



*a campus wellness letter*

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## **IT'S OKAY TO ASK FOR HELP!!! Counseling or Psychotherapy is a Useful Tool**

### **When to Come In?**

Circumstances or situations can sometimes become unbearable and it helps to have someone trustworthy to talk with in confidence. Some people believe that asking for help is a sign of weakness. If you faced a mound of dirt that blocked an entrance into a better place and you had the choice of two tools: a spoon or a shovel, which one would you take? Even though the spoon would work eventually, it would take longer to clear the path than if you used a shovel. Since you choose to do the work anyway, why not ease the load along the way and use the most efficient tool? Counseling can be one of many tools to assist someone who may be stuck or have exhausted their support team.

### **What Are Counseling Sessions Like?**

In the first session the counselor asks a lot of questions and does more talking than in the remaining time you work together. Sometimes you may feel uncomfortable with the questions asked, however it is important to get a sense of what concerns you most, how bad things have gotten and what you hope to gain from the sessions.

The following information is sought in order to help the counselor determine the difference between physical and emotional distress or a combination of both:

- ✓ what concerns you now
- ✓ your past emotional or social problems
- ✓ any medical problems, past or present
- ✓ current medications you are taking
- ✓ past and present use of drugs or alcohol
- ✓ family history of medical and/or psychological problems

### **What's Next?**

At the end of the first session the counselor will ask you to think about what you would like to work on and to spend some time before the next meeting reflecting on the changes you hope to see.

### **How Does Change Happen?**

When you feel comfortable and able to talk openly with your counselor, it is usually a sign of a good fit. This relationship will be the major factor that facilitates change. Even though the counseling sessions will be a place of support, at times you will experience some discomfort and that is okay.

### **How Often Do I Have to Come?**

Sometimes people need just a few sessions to work through a crisis, develop some coping strategies and move on. Others may choose to spend a little more time going a little further beneath the surface. It's a personal decision made between the client and counselor.

**Be Your Own Self-Care Advocate!** You are welcomed to come in and see what services are available at the Student Counseling Center. Our offices are located next to Campus Safety in Haverhill A. To schedule an appointment, please call **x4239**. We also have a list of local professionals if an outside referral is necessary. Take good care and remember to use your tools!

***"The world is full of abundance and opportunity, but far too many people come to the fountain of life with a sieve instead of a tank car... a teaspoon instead of a steam shovel. They expect little and as a result they get little."***

***~ Ben Sweetland***

The *next inSTALLments* can now also be found at [www.whittier.edu](http://www.whittier.edu): click on Student Life, click on Wellness Letter; or sign on to MyWhittier.edu, click on Campus Life, click on Wellness Coalition, click on Wellness Letter.