

Counseling Psychology

Initially I became interested in the Counseling Psychology program through my husband, who is currently enrolled in it. In particular, I was enthusiastic about the practicum dimension of the program. I no longer find strictly intellectual, academic work to be personally fulfilling. I want to see a direct correlation between my work and the area of personal and interpersonal development.

For several years, I wanted to be a teacher. I always felt that it was only by using academic material as a means that I could begin to work with students on a personal level. Counseling, however, seems a more direct approach and eliminates the intermediate step.

One aspect of behavior modification which particularly appeals to me is its specificity. It provides people with a concrete way of dealing with problems, rather than engulfing them in a morass of nebulousness. I am quite excited by this approach, which also involves as a necessary component increasing people's level of self-awareness. I will be working with Deane teaching two self-change courses at the People's Center next quarter (see accompanying sheets). I have even become involved with my own self-change project: My husband and I have been devising ways to cope with communication breakdowns which in the past have led to unexplainable and generalized feelings of tenseness and hostility. Now, when one of us notices these feelings coming on, we signal it by clapping our hands. We then retire to different sections of the house to write down the antecedents (how each of us perceived what the other person should be doing; our expectations; what we meant by certain words). We then come back together to see where the communication/expectation breakdown occurred. We have invariably found that the generalized negative feelings were the result of some specific misinterpretation (different interpretation!?) of the other's actions or communication. The consequences for repairing the breakdown in communication have been lots of hugs and kisses!