

Ruwell

THE OFFICIAL WELLNESS PUBLICATION OF STUDENT COUNSELLING



RHODES UNIVERSITY
Where leaders learn

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Please come and visit the Career Centre to explore, discover and talk about the opportunities that await you! Steve Biko building, first floor or e-mail careercentre@ru.ac.za

Today it's up to you!

The modern job market is a very different place from the one your parents entered. In today's world, it is one thing to find a job, but it is something else entirely to remain employed for your entire working life. New technology and changing work patterns mean that the old idea of a "job for life" no longer applies. Organisations are more flexible and people have to be able to adapt.

In the modern enterprise, you need a range of skills to stay employed, which often means piecing together your own career. You may find yourself switching jobs regularly, starting a new career, or even launching your own company. You certainly need to see yourself as a one-person business, always ready and equipped with the skills to provide the services demanded by the market.

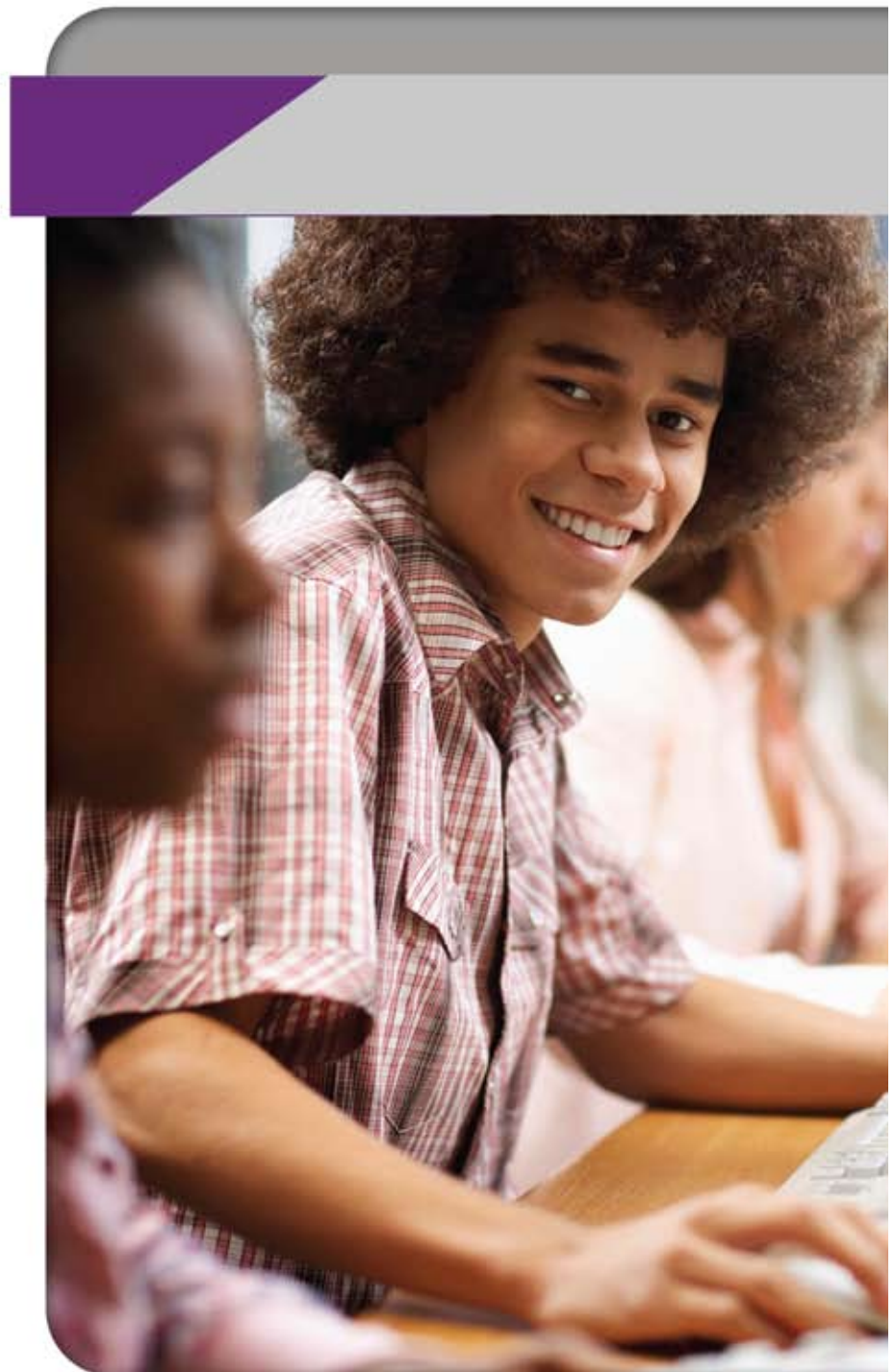
It is a good idea to start thinking now about what kind of job you will be seeking and to plan how you will make a good impression on potential employers. Shaping your own future can be fun – and you'll feel a lot more confident too!

Start by identifying what gives you a "buzz". This is the most important thing if you want to find a job you love. You will be more successful in life (and happier) if you can make a living doing something you enjoy, using your unique skills and talents. Being at university provides endless opportunities to explore what kind of person you are and what types of activities make you feel more "alive". And, what's more, you don't have to miss out on the fun of student life or follow any special plan.

All you need to do is make up your mind to do more than just study. Get involved in activities you enjoy and which allow you to experience life to the fullest. With the right approach and attitude, you will be able to justify losing your inhibitions on the sports field, joining a choir, day-dreaming about your future ... even dressing up in a rabbit suit! All these experiences are a vital part of the university experience, and once you understand how to use them in the right way, you are free to work towards the career that is just right for you. Don't wait – start now! There is no such thing as a career path ... it's Crazy Paving from this point forward, and you have to lay it yourself!

Adapted from "Making the most of higher education".

Lisl Foss: Counselling Psychologist





What's special about you? Is it your excellent academic results? Is it your exotic accent or the vibey way you talk? Is it your new tattoo or your nose-ring? Is it your talent on the stage, the soccer field or tennis court? At Rhodes, we emphasize the importance of diversity, and we celebrate the fact that each of our students is unique and very special. How boring University life would be if we all thought the same way, had the same religious backgrounds, enjoyed the same recreational activities, and studied the same courses. But we don't. Our students come from over 30 nationalities, they speak even more languages, they have various religious affiliations, and very few are registered for exactly the same courses; there are over 30 sports clubs and 80 societies to cater for their wide-ranging interests; and I am constantly intrigued with the different ways our students dress (or is it undress?) for lectures every day.

So take a fresh look at yourself and identify something positive that makes you different from the student next to you. (But steer clear of material possessions – your car, your clothes, and your ipad do not mark you as special – just fortunate). Perhaps you know a lot about a particular writer or musician and can consider yourself an expert in that area; perhaps you are passionate about the environment, or an activist for human rights; perhaps you can speak three languages really well There is bound to be something.

And then I dare you to do three things during the term ahead:

1. If you are in residence, or eat in the Oppidan dining room, change your usual dining table, find a new group of people to eat with, talk to somebody new, find out about them, and try and make a personal connection with them.
2. Attend a meeting or service of a different religious group, go to a lecture or seminar on a new and different subject – open your mind to alternative views.
3. Try out a sporting or physical activity that you haven't tried before.

Encountering diversity and learning more about others who are different from you will enrich you and make you even more unique than you already are.



The Counselling Centre **Staff** members

From the left:

Zininzi Bomoyi; Cheryl Easterbrook; Jaclyn Lotter; Delvene Gelderbloem; Brenda Beukman; Tanja Smuts; Lisl Foss; Penny Mathumbu; Colleen Vassiliou (Sarah Green and Dana Labe absent on day of photo)

No really, *RU* really Well?

The Counselling Centre, Health Care Centre and the Career Centre are collaborating under one umbrella term, namely **STUDENT WELLNESS**. These three centres are here to assist with your physical, academic, social, emotional and spiritual wellness needs. Should you wish to discuss future job options or need a career assessment, please make an appointment at the Career Centre. If you are struggling academically and are not sure whether your current study methods are working, or if you are having difficulty with time management, please join our study skills groups. If you are feeling emotionally down, unsure of yourself, or having to deal with 'issues' that you have thus far been unwilling to face, then please make an appointment with a psychologist at the Counselling Centre.

The Health Care Centre is the place to be if you are feeling physically unwell, if you wish to know your HIV status, or if you have any questions about your health – one of the friendly nursing sisters will ease any anxieties you might have.

Rhodes University is committed to student wellness. If you can manage to balance all five areas of wellness, you are sure to see positive results in your life.



Colleen Vassiliou: Head Counselling and Health Care Centre



Kicking it in the “Butt”

It is a well-known fact that keeping fit with exercise and a healthy diet is not only good for our bodies, but also has numerous benefits in terms of our mental and emotional wellbeing.

But, as we all know far too well, starting a healthy eating plan and throwing in some rigorous exercise is not the easiest task. We put it off until “Monday” and hope that our intention of leading a healthier lifestyle will take care of those love handles without actually having to make the effort. Monday comes and goes whilst our lifestyle habits become more and more destructive to our much-sought-after toned physiques and general wellbeing.

Are you approaching therapy in the same way? It’s not exactly easy to confront your problems and be willing to embrace change. Much like going to the gym once after paying for the entire year, you might want quick fixes in terms of therapy and your circumstances. You might avoid dealing with issues and cling to your current coping strategies that are comfortable or familiar in the hope that nothing has to change – except that change is the only thing that will improve your circumstances. You deserve this change and it starts with you.

I challenge you to embrace change, to work hard and step out of your comfort zone. The Counselling Centre is just the place to help you get there (and I strongly recommend Taebo at the RU gym to sort out the rest!).



Catherine Cilliers: Intern Psychologist





The pursuit of perfectionism

Procrastination is a problem that affects many students. In some cases, this might be because they are not prepared to put in the consistent effort and work that a university degree requires, but often it is because they are anxious to avoid harsh criticism – sometimes from an inner, critical voice that has been with them since childhood.

Perfectionism is like a candy-coated bitter pill, because it is extremely deceptive. It promises that if you do something perfectly, then you are “good enough” or you “make the grade”. It is an illusion that requires a great deal of effort to be spent on a single task, to the detriment of other commitments or time spent relaxing and renewing one’s energy so as to work effectively the next day.

Perfectionism beckons to the anxious student, promising that if one particular thing is done perfectly, then there will be nothing to worry about; that inner voice that is so critical will have nothing to say and the student will be able to relax and enjoy life. The problem is that as the work piles up, there is little sense of satisfaction and the student is soon in an extremely negative cycle of pessimism, self-doubt and anxiety.

So where does procrastination fit in? This is when you wait until later or the next day to start an assignment so that you can do it “properly”. It is when you put off work and distract yourself with more pleasant activities in order to avoid feelings of anxiety and pressure to be “perfect” instead of breaking up the task into manageable pieces so that you can get it done bit by bit.

Sarah Green: Counselling Psychologist





Rapunzel and the challenge to untangle

Tanja Smuts: Clinical Psychologist

Social wellness

5

A few weeks ago, I watched the animated movie *Tangled*, a variation on the Rapunzel fairytale. In *Tangled*, baby Rapunzel is stolen from her real parents and kept in a tower by a selfish woman who claims to be Rapunzel's mother. Rapunzel is not allowed to leave the tower, and is told by the woman that this is for her own good, as the outside world is too dangerous. In reality, the selfish mother is only interested in Rapunzel's very long and magical hair, which has healing qualities that this woman is claiming for herself. Rapunzel is drawn to the outside world, and when she turns 18 – and despite some internal conflict – she goes against her “mother's” will and dares to see for herself what life is like outside the tower.

The movie made me wonder about the lifelong challenges involved in separating from parental figures in our lives. This challenge could become very real during one's student years, as this is the time young people normally leave home for the first time. Like Rapunzel, leaving home and everything you know may leave you feeling scared and excited at the same time. Although one may have experienced a loving home, with no severe restrictions like those imposed on Rapunzel, there may still be a feeling of breaking away from one's parental figures. I am not only referring to actual parents, but possibly

also internalised parental figures (i.e. ideas of parents that we carry with us). One may be challenged to think differently from one's actual or internalised parents, which may bring about external and internal conflict. It may be difficult to make decisions, especially if this takes one outside the realm of the known. Feelings of guilt, anger and sadness could be stirred by this separation process.

Without giving away the ending of *Tangled*, I can tell you that Rapunzel's eventual freedom is accompanied by the sacrificing of some of the “magic” of childhood after realising that holding on to that magic is what is keeping her captive. She is eventually able to leave behind her old, “safe”, but restrictive ways of relating to things, which allows for new beginnings and new relationships. Although the rest of us may not have the assistance of a white horse like Rapunzel, the story carries the hope of an inherent human capacity to become less tangled up in one's past while cherishing the good parts of that past, and to allow for appropriate separation. It is possible to find your own individual path and create a happy ending for your life story.

Giants, Wizards and Dwarves

Giants, Wizards and Dwarves was the game to play...Being left in charge of about eighty children aged seven to 10 years old, while their parents were off doing ‘parenty’ things, I mustered my troops in the local social hall and explained the game. As a large-scale version of Rock, Paper and Scissors, it involved some intellectual decision-making, but the real purpose of the game was to make a lot of noise and run around chasing one another until you no longer knew which side you were on or who was winning.

Organising a roomful of excited youngsters into three teams, explaining the rudiments of the game, achieving consensus on group identity – all this is no mean accomplishment, but we did it with good will and were ready to go. The excitement of the chase had reached a critical mass. I yelled out: “You have to decide now which you are, a GIANT, a WIZARD or a DWARF!”

While the groups huddled in frenzied, whispered consultation, I felt a tug on my pants leg. A small child stood there looking up at me and asked in a small, concerned voice, “Where do the Mermaids stand?”

“Where do the Mermaids stand?” I asked.

“Yes. You see, I am a Mermaid.”

“There are no such things as Mermaids.”

“Oh yes, I am one!”

Where do the Mermaids stand? A long pause. A very long pause.

She did not relate to being a Giant, a Wizard or a Dwarf. She knew her category – Mermaid – and was not about to leave the game and go over and stand against the wall where a loser would stand. She intended to participate, no matter where Mermaids fitted into the scheme of things, without sacrificing dignity or identity. She took it for granted that there was a place for Mermaids and that I would know just where that place was.

Well, where DO the Mermaids stand? All the “Mermaids” – those who are different, who do not fit the norm and who do not accept the available boxes and pigeonholes? Answer that question and you can build a school, a nation or world based on it. What was my answer at that moment? Every once in a while I manage to say the right thing, and this was one of those times: “The Mermaids stand right here by the King of the Sea,” I said. (Yes, right here by the King's Fool, I thought to myself.)

So we stood there hand in hand, reviewing the troops of Wizards and Giants and Dwarves as they rolled by in wild disarray. It's not true, by the way, that Mermaids do not exist. I know at least one personally. I have held her hand.

Be true to yourself! You are the only person with whom you can be sure you will spend the rest of your life!

(Adapted from the Life Line training booklet)

Jaclyn Lotter: Intern Psychologist





“Help, I’m thinking of seeing a psychologist”: Expectations of psychotherapy



You have laughed at the jokes, seen it on TV shows, heard about it from friends and family, and may have even considered attending psychotherapy yourself; but what is it and why do people see psychologists?

Psychotherapy (also known as talk therapy, psychological counselling or therapy) is a way of dealing with psychological and mental health problems by talking to a psychologist. Through psychotherapy people learn about their moods, feelings, thoughts, behaviours, beliefs, and how they relate to others. People attend psychotherapy to treat mental health problems, such as mood disorders, eating disorders, addictions, personality disorders, anxiety disorders, and psychotic disorders. However, people also attend psychotherapy to develop self-awareness and personal growth, to resolve conflicts, to deal with unhealthy reactions and develop healthy ones, to cope with bereavement, etc. By attending psychotherapy one can learn how to cope with problems, difficulties and everyday life, and how to develop healthier ways of being.

After booking your first appointment with a psychologist you may wonder what happens next and what you can expect. Different psychologists follow different approaches and therefore not all psychotherapy sessions will be the same. This may impact on your fit with a psychologist, and if you are not completely content after your first meeting, it can be beneficial to

try a different psychologist until you find the one most suited to you and your needs. However, although there are different psychological approaches, in general the first sessions involve the psychologist learning more about you and gathering information in order to better understand you, which in turn informs the treatment and how you will work together in therapy. Whatever you share with a psychologist is confidential and your privacy is respected (the only limits to confidentiality are when you are a danger to yourself and/or others or in an abusive situation). A session with a psychologist can vary in length but is often between 45 minutes to one hour in duration. The number of sessions needed is discussed at the beginning and can range from a few sessions to several. This is negotiated between psychologist and client. It is important to be aware that psychotherapy can become difficult and uncomfortable at times as you work through issues and various emotions. The psychologist is sensitive to this and helps the client by working through these issues and feelings together.

The ru counselling centre offers short-term psychotherapy sessions from monday to friday, as well as an after-hours emergency helpline if you have any concerns or questions or are in need of help.





Zininzi Bomoyi: Intern Psychologist

Achieve balance *for a harmonious life*



One of the purposes of psychotherapy is to help people and systems to become more harmonious, balanced and authentic within themselves and with a shared energy and essence that is in alignment with the natural order of things (Dennard, 1998; Phillips, 1990). Natural order implies a lifelong unity of mind, body and spirit, and where relationships both within and between life are purposeful and orderly and in essence spiritual. Natural order infers that our lives and our relationships have purpose and direction, and consequently it is our ongoing task in life to be in tune with that natural order.

The goal of therapeutic intervention is therefore to focus on the life of the individual in a holistic manner – that is, focusing on all aspects that give meaning to a person's life. This may include that person's belief system, religion, culture, relationships, education and environment as a whole.

The goal of a mentally healthy person is therefore to be in harmony with the forces of life and thus at peace with your mind, body and soul. Harmony enables you to live life, instead of trying to fight or control it, which in turn will create alignment in your life, both from within and without.

What is the **feeling** when you start to **feel the feeling?**

A feeling is an internal physical reaction to something you experience, otherwise known as a stimulus. A stimulus can be something you perceive through your senses and about which you make an interpretation, or it can be a certain thought you have. Feelings are always internal and we use emotions to communicate our feelings. All emotions are forms of energy and can provide energy. Feelings of love and anger can both generate energy to allow you to behave in a certain way.

Feelings are both consciously and unconsciously generated. The better you understand your own feelings, the better you can understand those of others. You cannot enjoy feelings if you are unaware of them. You cannot express feelings if you suppress or ignore them. Feelings that are not experienced and accepted may lead to physical illness and symptoms such as stomach pain, migraine, back pain, stiff neck, ulcer, recurring colds, asthma and insomnia.

Feelings can give rise to compulsive behaviour, e.g. smoking, drinking, drug use, overworking, overeating and other types of obsessive behaviour. You may say and do things at the wrong times or fail to say and do anything at all. You can cut off feelings and intellectualise, rationalise or lose contact with reality.

To accept your feelings, you have to be aware of them and accept them as your own. Don't let the experience of strong feelings frighten you. If they do frighten you or if you have the need to correctly identify your feelings, then entering into a short-term counselling process could facilitate your understanding and ultimately your management of feelings and emotions. Remember that feelings motivate us to examine the past, to fill the present and to find a different path for the future.



Brenda Beukman: Intern Psychologist



01 August 08 August	Mental Wellness
18 August 22 August 29 August	Emotional Wellness
5 September 26 September 3 October	Social Wellness

01 – 05 August

15 – 19 August

5 – 9 September

Social Wellness Week

Physical Wellness Week

Spiritual Wellness Week

- Study skills
- Art Therapy
- Eating Well
- Foreign support group
- Wellness group
- Music therapy

Monday and Friday 1-2pm
Tuesday 8.30-10am
Friday 1-2pm
Friday 11am
Friday 9-10am
Friday 3.30-4.30pm

Wellness Day Week

• 10 Oct	Social
• 11 Oct	Mental
• 12 Oct	Spiritual
• 13 Oct	Physical
• 14 Oct	Emotional
• 15 Oct	Community Fundraiser



Delvene Gelderbloem: Counselling Centre administrative assistant

Counselling Centre

For appointments contact (046) 603 7070 or counsellingcentre@ru.ac.za or

visit us on the 2nd floor of the Steve Biko building

After hours psychological EMERGENCY 082 8030 177

Health Care Centre

For appointments contact (046) 603 8523 or healthcarecentre@ru.ac.za

EMERGENCY afterhours 082 8011 409



Heather Ferreira: Head Nurse Health Care Centre