

Jane Jordan, a counselor with the Family Services Assn., talks with a client.

Winter Holidays Festival Is Set

A Winter Holidays Festival formance area will provided.

A United Way Agency

Family Services Assists All Walks Of Life

Want to improve your marriage, your family or personal relationships, and your life?

Here are a few straight-talking tips from a psychologist:

"Have the guts and patience to talk straight about what you want and don't want.

"We hurt ourselves and other people because we're not honest with them and ourselves -we don't want to hurt their feelings and we don't want to hurt our feelings.

"A relationship means oneto-one. That's hard to keep intact in these days of conflicts. freedom, and easy relationsips. But three's a crowd.

"Always take time to play. Take time to be with the people vou care about. It's far more important than taking time away from them, from good intentions, to give them 'things."

That sensible Ann-Landerssort-of-talk is from Lois Bateson, co-director with Ron Sommerville of the Family Service Assn. (FSA). It is one of 19 agencies countywide supported in part by the United Way, whose fundraising drive began this week. United Way allocated \$5,700 to FSA last year.

Each month, more than 300 persons "with something rattling around inside" climb the stairs of the FSA at 15211/2 Pacific Ave. to talk to one or another of the staff of 15 professionals.

"These are people who got

to go back to that corner."

Most people who come to the FSA are from the middle-income levels of the community. because that's the reputation FSA has. But it makes no difference, because rich or poor, "everyone has problems and our doors are open," she said.

"They come to us from every in life." added Sommerville,"we talk to students, to couples, to individ-

The FSA is the oldest private counseling agency in the U.S. "We're not beholden to anyone, and we take no government funds," said Bateson.

While no one can solve your problems for you, a good counselor can show you how to use the tools you already have-and can develop.

of not seeing clearly. One cou-ple with two children found themselves constantly fighting -though they protested they loved one another. Working with AFS counselors, the husband found he suffered from a rare medical problem which causes emotional upset. Medi- slaved to build their own home thing and does another. The cal help, and a few months over five years with their own from deterioration.

(not her real name) was in her time out of play."

late seventies and suddenly began having fits of depression after a happy life as a respected professional in the field of natural resources.

She never told her husband. who was getting depressed as well, and she spent a good deal of time crying for the first time in her life, and thinking about suicide.

than do that, and at the urging of counselors began to talk about what really was bothering her-and to tell her troubles to her husband.

over the crisis.

riage? Forget about the other man or other woman. Just build your own home. "Just moving from one home to another is family the good things he was Sometimes it's just a matter bad enough, but building a new home is sure to produce a crisis in a family," said Bateson. outside world was the only way "Usually, that means a his wife could get him home divorce.

"A good example is a couple who came in, both were 32 years old, and they had come up here from L.A. They literally as usual, "our society says one counseling saved the family four paws. When it was fin- gets suffocated by the things we ished, they came to realize they are 'supposed' to do: work Talk about not wanting to didn't know each other any- hard, get wealthy, get the good hurt someone: Mrs. Walters more. They didn't take any things, a good reputation.

And about that extra-marital we do for others often sepaaffair. Sometimes, it can be the rates us from them. You care best thing that can happen. Not about another person; you want because it's a good idea, but to please them; you don't want because it's the last danger to hurt them, and before long signal that something is seri- communication is blocked and ously wrong with a relationship. "If the other partner can forgive and begin looking for what went wrong, they can give some thanks to the third She came to the FSA rather party for ringing the alarm in

It's still a hunger for love, for come here because they want a attention. Take the young housewife who developed a terror of the outside world. It got Both cheered up, and got so bad she had to call her young executive husband home from Want to break up your mar- work to take her even to the us that sometimes the glue goes out of our relationships or even grocery store. What was really the matter was the young man was so ambitious to "give" his spending all his time as a worka-holic. And the "terror" of the

> What's wrong with our society that we do things this way? Bateson believes it's because. ground rules, the real thing.

with her.

"Paradoxically, the things

each feels left out and misun-

derstood.' Whether Santa Cruz has any more problems among its people than any other community is open to question. But it is true that "a good many people better life. They want the sunshine, the air, even the music and excitement of being here. But there are so many distractions, so many things to divert

out of our life." Bateson, wife of UCSC anthropologist and UC Regent Gregory Bateson, is only acting co-director with Sommerville. The agency's new director will arrive in October.

Her frank approach is only one of the psychological methods used by AFS. "We have just about every major psychological system represented on the staff: from Jungian psychology to Gestalt. TA (Transactional Analysis) group therapy, behavior modification, and so on. We also have an intern program for new psychologists who bring in new approaches.

"We use whatever works." she concluded.

Aside from its United Way allocation, AFS is supported mostly by charges to its clients. The charges are based on income, with those who can afford it naturally paying more. The telephone numbers are 423-9444 or 425-1414.

QPENING SOON



COOPER'S

