

I suppose then the real question about five years from now is: Will there be any counseling as we know it today? The answer is yes, of course, but the extent to which our services survive will depend on how we react now to basic issues which are facing us very squarely. Counseling has to do with the relationship between two people or a group of people and counselors must make their major contribution through counseling. In my view our efforts have been commendable, our case is strong, and our results in many instances can speak for themselves. It is time, though, to regroup our forces and stand united in this country to those overriding objectives which affect us all.

So the picture is positive, particularly if we can now stand together making those changes in our profession which are needed to benefit our clients, rather than those which may help us as individuals. If we can do this I see a few major trends developing which should become fact rather than fiction five years from now.

1. Counselors will have helped other educators and the public recognize the futility of constant educational upgrading, so that across Canada our standards for entrance into educational programs at all levels will be realistic.
2. The profession of counseling will remain a person-centred profession concerned basically with human and community needs.
3. Practitioners in the field will have resumed a position of leadership in our profession and will be in a dominant position with respect to communication among members in our profession.
4. There will be continued growth in cooperation among counselors across this country and the Canadian Guidance and Counselling Association will have doubled its membership following successful conventions in both Eastern and Western Canada.
5. There will be continued experimental work so that special issues like this one of the *Canadian Counsellor* will continue to let us communicate with each other and speak our minds.

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FUTURE PACTS

Yes, your invitation is tempting, especially to a veteran teacher and now novice counselor who is challenged to practice many dreams of a counselor's chief role. Although frustrations are common, the effort is rewarding, while dreams of future enterprises continue to beckon, as tantalizing as the sirens to sailors of ancient legends.

A glimpse into our future, therefore, is indeed a challenge which conjures in the mind a kaleidoscope of ideas, ideals, hopes, and fears. Counseling in Nova Scotia must take giant strides if it is to meet the ever-increasing demands of our changing society.

Among the countless dreams, there is one facet of counseling which must surely develop. This is cooperation, teamwork, and unity among many involved personnel. One word which unites all is found in the word PACTS. Pacts must be made, either expressed or understood, before harmony among all persons represented is assured. These persons are represented by each letter of the word PACTS.

P represents parents. In our Nova Scotian society (and probably elsewhere in Canada) the future must provide more parent involvement and parent education. Many are still unaware of the true aim of counseling services; many still question the value of these services to our schools. Some do not question but do condemn the counselor, unaware of how he spends his time, what services he is providing, or what philosophy he practises. More pacts between parents and counselors could be forged if frequent discussions, sharing of opinions, and an expansion of home visitations were possible. Let us reduce the formality of office consultations, encourage informal meetings in the environment familiar to the child and his parents.

The A in PACTS stands for administrators, both in school and in government, without whose help and support counseling services would never have been initiated or expanded. School officials will, hopefully, continue to uphold and to advocate expansion of counseling in all levels of school life. They will thus strengthen positive thinking in the minds of government administrators. As the latter examine our changing society, our perilous economy, they must realize the necessary task of guiding students in most suitable and necessary careers. In this highly technical age, trained personnel are mandatory.

Literally and figuratively, C is the centre of our PACTS. Counselors must continue to promote their own services, to work with both parents and students, to sell themselves to administrators who hold the power to "make" or "to break" future success. Let us hope that this "success" will convince all that a counselor's work is not synonymous with clerical duties, meaningless charting and reporting, or statistical analyses. Please allow us to open the doors to the counselor's room, invite students, parents, teachers to enter, to provide time for discussion and warm understanding. As one Nova Scotia student wrote in a recent study conducted by this writer, "Everyone needs a grown-up, more experienced person to talk things out with, even if he only listens to them! I think that person in every school should be the counselor. That should be his job."

T represents the Teachers whose value cannot be underestimated. Pacts between teachers and counselors are all important; without the cooperation of the staff members a school counselor's work would be defeated. The future dream must include this unity. It is often the teacher who realizes the child's need for help and who either works with the counselor or who becomes a counselor himself.

S encompasses a variety of important figures — Specialists in all fields, including public health nurses, medical doctors, social workers, psychiatrists and countless others. The future counselor will learn to rely more upon these personnel, more specialists will be available and closer communication will be established. Sharing and cooperation must be established.

S also includes the most important individual — the Student. Without the students' well-being at heart, all services are useless. He is the core of our work.

Future pacts among all — Parents, Administrators, Counselors, Teachers and Specialists must continue to grow and will continue to grow if there is an honest concern and understanding of these, our Students. Let them join us in our PACTS.

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COUNSELLING — 1984

What is counselling? Ask the counsellor and then ask the client. Ask them both at the beginning of therapy. Ask them both at the end. Have their responses changed? Have they compromised? Have they lost their individual differences?

The goal of counselling, at present, seems to be to reduce differences. This may be because we have not yet advanced to the maturity to withstand the anxiety of differences, let alone begin to cherish them.

Can we measure change in therapy? We have tried to measure client change, without much success. What about counsellor change? Perhaps, over time, he moves in the direction of disillusionment and despair.

"What's the problem, Mr. Jones? Your wife has started to make candles and sell them at a Hippie stall on campus? And she's 55? Your children have seen through the lies of the establishment and are on welfare — and happy? You have to make your own supper three nights a week? No one picks up your dirty socks from under the bed any more? Well, times are changing. Let's talk about it."

Six months later. "It was this way, Mr. Jones. My mother nagged me a lot. No, don't try to make me feel better. I know I'll never forgive her. It's no use. God knows I've tried. I vowed I would never put my trust in any human being again. I gave up everything to study. No friends, no sports, no dates, nothing but study, study, study. I needed an average of 7.5 to get into graduate school. I sweat blood in the counselling practicum. You see, I had read some research that showed