

MEN'S INFORMATION & SUPPORT CENTRE

The Men's Information and Support Centre (MISC), formerly known as the Men's Contact and Resource Centre (MCRC), has been serving South Australian men since 1982.

It offers direction, support and guidance to all men in a rapidly changing and profoundly turbulent social environment.

The Men's Information and Support Centre is located upstairs in the North East corner of Torrens Building, situated on the corner of Wakefield Street and Victoria Square, Adelaide.

Input from women and their organisations is both welcomed and appreciated by the Men's Information and Support Centre.

As a non-profit body, funded by donations, grants, and members' subscriptions, the Men's Information and Support Centre relies on volunteers. Your involvement in our organisation would be appreciated.

MISC offers personal counselling at the following rates:

EMPLOYED	\$60.00 per session
UNEMPLOYED	\$30.00 per session

COUNSELLING FACTS

Counselling - Men's Business?



Men's Information and Support Centre
Torrens Building
220 Victoria Square
Adelaide SA 5000

Office Hours
9am-5pm Monday to Friday

Phone: (08) 8212 0331
Fax: (08) 8231 1752
E-mail: mmensinf@bigpond.net.au
Web: www.misc.com.au



Men's Information
& Support Centre

COUNSELLING FACTS



Counselling *Men's Business*

OFFICE HOURS:
9am to 5pm
Monday to Friday

Phone: (08) 8212 0331

WHAT IS COUNSELLING?

COUNSELLING -

More than just talking with someone who tells you what to do!

Counselling by a qualified counsellor should not be confused with the term used by employers unhappy with work performance.

What Happens In Counselling

A skilled counsellor is your guide on a journey of personal discovery.

1. You may first work out the way that you normally deal with various practical, personal, or relationship problems.
2. As you start to get a better picture of what is happening the counsellor may provide options for you to think carefully about the way you handle things now.
3. When you are ready, your counsellor helps you to choose a course of action tailored to your needs. You can expect up-to-date information and accurate advice on various alternatives that you may think of.
4. You will then work with the counsellor to set realistic goals, tailored to your abilities and circumstances.
5. As change takes time, you may find that further sessions with your counsellor encourage and inspire you to work steadily towards achieving your goals.

Why Don't Men Use Counselling?

As boys grow into men they inherit from their family and society a set of beliefs about how to be a 'Real Man'. These beliefs often work most of the time, but when a crisis erupts for a man, the situation may get worse as he struggles to cope. For example:

Self-Reliance

- ~ BELIEF– Part of being a 'Real Man' includes the ability to sort out problems without needing outside help.
- ~ RESULT– Men may refuse to admit to themselves that they have a problem. They might use anger, denial, drug and alcohol abuse etc. to mask feelings of inadequacy.

Social Standing and Ego

- ~ BELIEF– Society cannot respect a man who publicly admits he's feeling upset, emotionally hurt or inadequate to someone else, even his mates.
- ~ RESULT– The only way some men feel able to express frustration and inadequacy is to cover it up with violence and anger.

Counselling: A way of helping you to take charge of your life by getting a better understanding of yourself.

Fear and Anxiety

- ~ Because men don't understand how counselling works they are afraid that they will not have any say in what happens in a session and it will get out of their control, ending in them being told what to do.

Specialist Counselling Areas

Some counsellors may have extra knowledge and experience helping people deal with such problems as -

- ⇒ CRISIS MANAGEMENT
- ⇒ DRUG AND ALCOHOL ABUSE
- ⇒ GRIEF, LOSS & BEREAVEMENT
- ⇒ RELATIONSHIP DIFFICULTIES

Can Anyone Be A Counsellor?

Effective, reputable counsellors develop a knowledge of counselling theories and modes of practice in addition to learning effective counselling skills from experience.

CHECK TO SEE IF YOUR COUNSELLOR HAS BEEN TRAINED BY AN ORGANISATION WITH A GOOD REPUTATION.



Office Hours
9 AM to 5 PM
Monday to Friday