

COUNSELLING - HELPING RELATION

What is Counselling?

Let explain it in a simple way.

Many people think that Counselling is a type of psychological help where a Counsellor gives advices to somebody who seeks for help. You will see that this is not the best way to set Counselling.

Counselling is a helping relation established between a therapist/Counsellor and a person who has a problem to which cannot find a solution or is living a difficult situation that cannot handle alone.

For this helping relation to be established, some requirements are needed:

- The person who seeks help has to trust the Counsellor. Without this feeling of trust the helping process will not be effective. That is a necessary condition.
- Counsellor's role is to provide a facilitator environment for the therapeutic process to happen, showing a sincere interest for the person that is in front of him and where empathy¹, acceptance, respect and understanding are present as necessary conditions for an effective helping relation.
- The person who seeks for help must feel, somehow, the attitudes referred above (empathy, acceptance, respect, understanding). These attitudes can be transmitted by Counsellor's words or perceived by his behavior and attitudes. This perception will contribute to initiate the change process, adaptation or development of the person seeking help.

We cannot, however, forget that the person who seeks for help must be aware that needs to assume responsibility for his present and future decisions. The change that he may look for, also will depend on his free will.

Counsellor's role is "to help the clients to become competent citizens to auto-drive themselves, be capable to manage their lives and their tasks in a satisfactory way for themselves and for the community."²

¹Feel the same as the other person, as if you put yourself in his shoes.

²Rogers, C. (1946). Manual de Counselling. Lisboa: Ed. Encontro, 2000.

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Counsellor

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HEALTH

Coca-Cola to cut bottle size but increase price in face of sugar tax



Coca-Cola has announced it will cut the size of a 1.75l bottle to 1.5l and put up the price by 20p in March, because of the introduction of a sugar tax on soft drinks from April this year. However, the company said it has no plans to change its classic recipe. "People love the taste... and have told us not to change," a spokesman said. Coca-Cola Classic contains 10.6g of sugar per 100ml. Under the terms of the government's new tax, it will be subject to a tax of 24p per litre. "We have no

plans to change the recipe of Coca-Cola Classic so it will be impacted by the government's soft drinks tax," said a spokesman for Coca-Cola European Partners. "Coca-Cola Zero Sugar and Diet Coke, our no-sugar colas, are not impacted." Sugar tax The sugar tax was announced in March 2016, by the then Chancellor George Osborne, in an attempt to tackle rising obesity among children in the UK. From April, soft drinks manufacturers will be taxed at 18p per litre on drinks containing 5g of sugar or more per 100ml, or 24p per litre if the drink has more than 8g of sugar per 100ml. It is estimated, the tax will raise £520m a year - to be spent on funding sport in primary schools. The tax will apply to one in five soft drinks sold in the UK. Manufacturers and supermarkets have responded by tweaking recipes - typically upping the volume of artificial sweeteners - to avoid the levy. The amount of sugar used in Sprite, Fanta, and Dr Pepper - all owned by Coca-Cola - has been reduced - with the new version of Fanta, introduced last year, containing 33% less sugar. Similarly AG Barr, the makers of Im Bru, took the decision to dramatically alter the recipe of the famous Scottish drink as a result of the sugar tax. But the new low sugar version, which sees much of the sugar content replaced by artificial sweeteners, has divided opinion among fans of the drink and even seen a petition launched to save the traditional recipe. However, the makers of Coca-Cola remain adamant they will stick with the original recipe - perhaps fearing the public backlash they faced in 1985 when they were forced to abandon the 'new Coke' recipe after 79 days and return to the original version. Coca-Cola said it was in discussion with retailers ahead of the sugar tax. "These discussions include reviewing the pack sizes offered to consumers and our approach to price-marked packs," a spokesman said. The nature of the tax suggests a 330ml can of Classic Coke may now be more expensive than a can of Diet Coke - which is not subject to the tax. Speaking to BBC Newsnight, a Coca-Cola spokesman conceded the increase in price for cans may be passed on to wholesalers - though it is not clear what will happen on shop shelves. "As is always the case, our customers will have to decide the retail prices in their outlets." Tim Rycroft, of the Food and Drink Federation, told Newsnight that he thought the sugar tax was not "the right mechanism". "If you put a tax on something, you will reduce consumption in terms of purchase. The question is, will you reduce consumption in terms of calories? Will those people who might choose not to buy a drink that goes up in price forego those calories, or will they find them somewhere else? "Trying to tackle obesity through these very narrow interventions seems to me to be not the right way to do it." BBC

CROSSWORD

Across: 1. Mellowed 5. Rama 8. Vacation 9. Scar 11. Defenceless 14. Lad 16. Larva 17. Too 18. Windcheater 21. Orgy 22. Appeased 24. Mole 25. Instance **Down:** 1. Move 2. Laced 3. Out of Place 4. Ego 6. Ancient 7. Abrasion 10. Department 12. Norse 13. Glow-Worm 15. Donegal 19. Resin 20. Idle 23. Pun

SUDOKU

1	8	5	9	7	4	3	2	6
4	9	2	5	6	3	8	1	7
6	3	7	8	2	1	9	4	5
5	6	9	4	1	8	2	7	3
8	7	1	6	3	2	4	5	9
2	4	3	7	5	9	6	8	1
7	2	8	1	9	6	5	3	4
9	1	4	3	8	5	7	6	2
3	5	6	2	4	7	1	9	8

KAKURO

5	1		9	2	9	8	7					
8	4	3	1	5	1	5	8	7	5	9		
7	2		4	7	4	3	6	9	2	5		
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			6	4		6	2	1				
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8	1	5	1	3		8	9					

The Da Vinci Book Quizzes:
B.
Giacomo Salai

The Rock Pop Trivia Book Quiz:

1. 'One Night' by Elvis Presley (originally a number 1 hit in 1959)
2. Red and Black
3. Thom Yorke
4. Daniel Bedingfield
5. Wave Of Mutilation
6. Gwen Stefani
7. 'Comfortably Numb'

CODE CRACKERS

F	G	S	L	S	M								
S	A	G	A	H	O	I	S	T	B	I	A	S	
S	T	A	M	E	R	L							
S	T	R	E	A	M	E	M	P	H	A	S	I	S
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K	Q	D	I	A	H	L	R	T	U	M	P	V	

SUPER SUDOKU

1	4	7	6	2	8	5	3	9
9	8	3	1	5	4	7	6	2
6	2	5	3	7	9	8	4	1
3	5	2	9	1	7	4	8	6
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8	6	1	5	4	2	3	9	7
7	9	4	2	8	1	6	5	3
5	1	6	4	9	3	2	7	8
2	3	8	7	6	5	9	1	4

POCKET PUZZLER

Mystery Title: Sherlock. CLASSIC WORD