



ALL IN THE FAMILY Sarah Child

Do you know somebody who has been advised by his or her doctor to see a psychiatrist but who steadfastly refuses to do so?

I do. Two somebodies as a matter of fact. That is I know two people who have been advised to go. I know possibly as many as 10 times that number who should go.

And I doubt seriously that any of them will do so. For one reason. The stigma still attached to any kind of mental treatment in this country is of mind boggling proportions. (No pun intended.)

As one savant observed: "In this country we consider the sick person who stays away from treatment healthier than the sick person who seeks help." Amen.

There is of course a double standard. It is all right if movie stars seek mental help. But, we do not want our politicians or teachers or others in responsible positions to go.

Thus, many people in all walks of life who are smart enough to go for help when it is indicated conceal the fact. The stigma will remain until people who have been helped by psychiatry begin to talk freely about it.

More than a decade ago before I was married I spent three years in psychotherapy. For the first year I went twice a week for 50 minute sessions. The next two years I saw the doctor twice a week. I went on the advice of an internist who told me I was much too anxious about too many things.

Those three years changed my life. I learned that my troubles stemmed from conflict over the kind of person I wanted to be as opposed to the traditional role assigned to women. I learned I could be aggressive rather than

passive without jeopardizing happiness, independent rather than dependent and strong rather than weak. In short I sorted out all the problems women's libbers are dealing with today. I did it with the help of a psychiatrist, a male psychiatrist who was wise, compassionate and patient.

The experience was one of the happiest of my life. The benefits were unending. I shed many of my anxieties, gained confidence, had new insight not only into my own actions but into those of people I had to deal with. One of the most important things that happened to me was that I got over my fear of marriage, something which I had always regarded as a trap—at least for women.

One of the things I remember best from some of the sessions was walking into the doctor's office feeling as if quite literally there were a 50 pound weight on the back of my neck.

I would walk out an hour later feet barely touching the floor relieved and delighted with myself for working my way out from under one more set of fears and misconceptions.

I have tried to explain this to the people who have been advised to seek the same kind of help, but to no avail. They rationalize with all kinds of answers. They say they are not really as troubled as their doctor says they are, that they are not "crazy" (no one has said they were), that it is too expensive (in both cases medical insurance would cover the cost) and that they have no secrets to tell a snooping psychiatrist.

It is a pity that they can not be convinced that getting help is one of the sanest things a distressed person can do.

St. Michael's Convent to Close

By BARBARA MOYNEHAN

St. Michael's convent, home for 99 years to School Sisters of Notre Dame, will be closed July 1.

Since last January when the six inner city schools decided to consolidate, the sisters who staff the schools have been discussing consolidation of convents.

The eight sisters who have lived at St. Michael's for periods ranging from one to 17 years, decided to move out of the 16 bedroom "immense building" so it could be put to some community use.

The future use of the building has not been determined, according to St. Michael's pastor, Father Benedict A. Ehmann, who said he was talking to a couple of interested organizations.

Three of the sisters who have lived in the convent are going to live at Mount Carmel, a Sister of Mercy convent.

This inter-community situation is a first here, that Sisters John Bosco, principal of St. Michael's, Katherine Holland and Blanche Leising are looking forward to participating in.



The decision to live at Mount Carmel was voluntary, they explained. Some of the SSNDs opted to live at Holy Redeemer, a Notre Dame house.

The aim of the experiment in inter-community living is a more united community of sisters, the establishment of the bond of community among sisters living and working together, and greater

understanding among communities.

The sisters who will live at Mount Carmel will teach there. Only one of the SSNDs who presently staff St. Michael's school will be back next year when it is a central junior high school for the inner city system. Sister Barbara Jeanne Bock will be in charge of religious education for youth.

Knights Note 25 Years

The Noble and Exalted Degree of the Holy Cross, Knights of St. John, the highest degree of the order, will be conferred on a class of 86 candidates at Mother of Sorrows Church Sunday, May 20.

ND MAN OF YEAR

E. Royal Hanna, a research associate chemist at Eastman Kodak and a 1952 cum laude graduate of the University of Notre Dame, was selected as the Man of The Year by the Notre Dame Club of Rochester at its recent Universal Notre Dame Night Banquet. Hanna, his wife Teresa and their six children, reside at 75 Conmar St. in Irondequoit.

Msgr. John M. Duffy will confer the degree with the Rev. Major George S. Wood, chaplain of the Rochester Regiment serving as lecturer. Father Frederick J. Eisemann will be master of ceremonies.

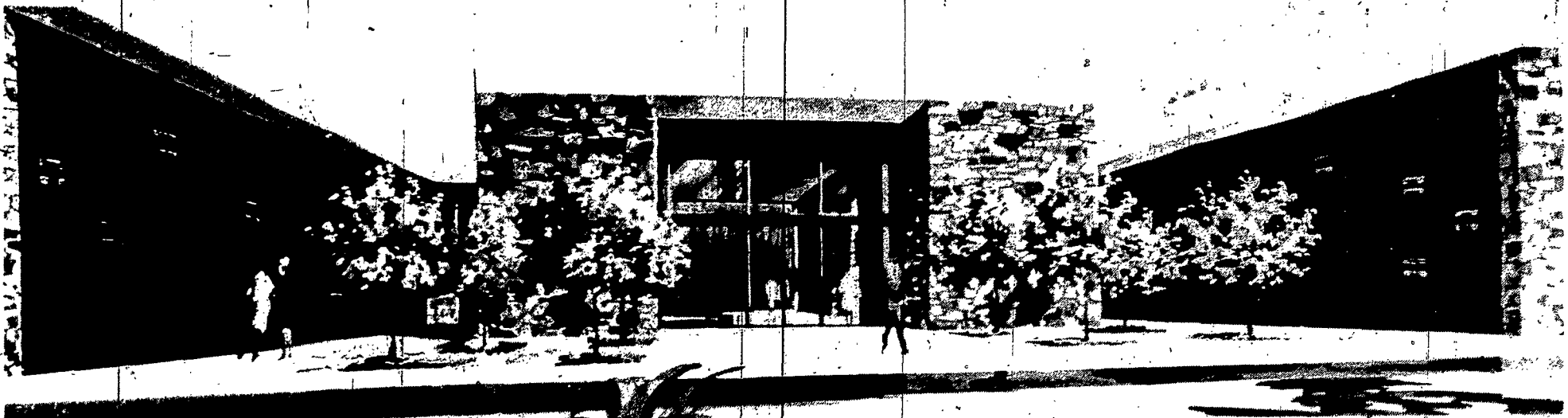
Lt. Robert Stich is Noble Grand Master of the Rochester Temple and will be assisted by the ritual staff during the ceremonial.

Following the Church Rites, there will be a banquet in the parish center.

This also marks the 25th anniversary of the Rochester Temple which was founded in 1948 when Bishop James E. Kearney conferred the degree on the first class in St. Joseph's Church on May 20, 1948.



LT. STICH



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