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University

Here's help for grief counseling

Program staff guides people during recovery

By Suzanne Robinson
Emerald Contributor

For those who are recovering from the death of a family member, a close friend or even a pet, the University's Center for Gerontology offers the Widowed and Family Grief Counseling Program to help students, faculty and community members through the grieving process.

Unlike the Student Counseling Center, the grief program specializes in helping those who have experienced a personal loss.

"We don't do their grieving for them," said Delpha Camp, program director. "We help them grieve."

Camp, an assistant professor of gerontology and certified counselor with a master's degree in counseling, teaches and gives lectures both within and outside the community in addition to providing individual counseling with the program.

The program staff consists of Camp, another professionally trained counselor who specializes in groups and the family, and a counseling/psychology graduate student. Both counselors have encountered death and grieving in their personal lives as well.

The program offers private and confidential consultations by appointment and operates



(photo by Sean Poston)

Delpha Camp, director of the Widowed and Family Grief Counseling Program, provides support for people who have experienced personal loss.

on a sliding fee scale. Minimum charge is \$10 for University students, \$15 for general community and \$25 for family counseling.

The University maintains the building, but fees are the only source of income used to cover the program's other costs.

Helen, a 77-year-old widow, credits her increased independence and happiness to the program and Camp in particular.

"I would give anything to steer someone toward Delpha," she said. "If it wasn't for her, I wouldn't be half this good."

Helen participated in the program every week for three years. She said Camp helped her confront thoughts and feel-


ing she didn't realize she had. "Now I can think of the good things," she said. "I remember the funny things."

Talking and learning to reach out are the most beneficial skills she has gained, Helen said. She has also found courage to face new challenges.

"I was scared to death to live alone. I loved our house; it was the only house we ever owned," she said.

Helen said she now enjoys living in an apartment and likes the new freedom of pursuing her own interests. Among other activities, she has volunteered at Sacred Heart, sewn a quilt to raise money for the

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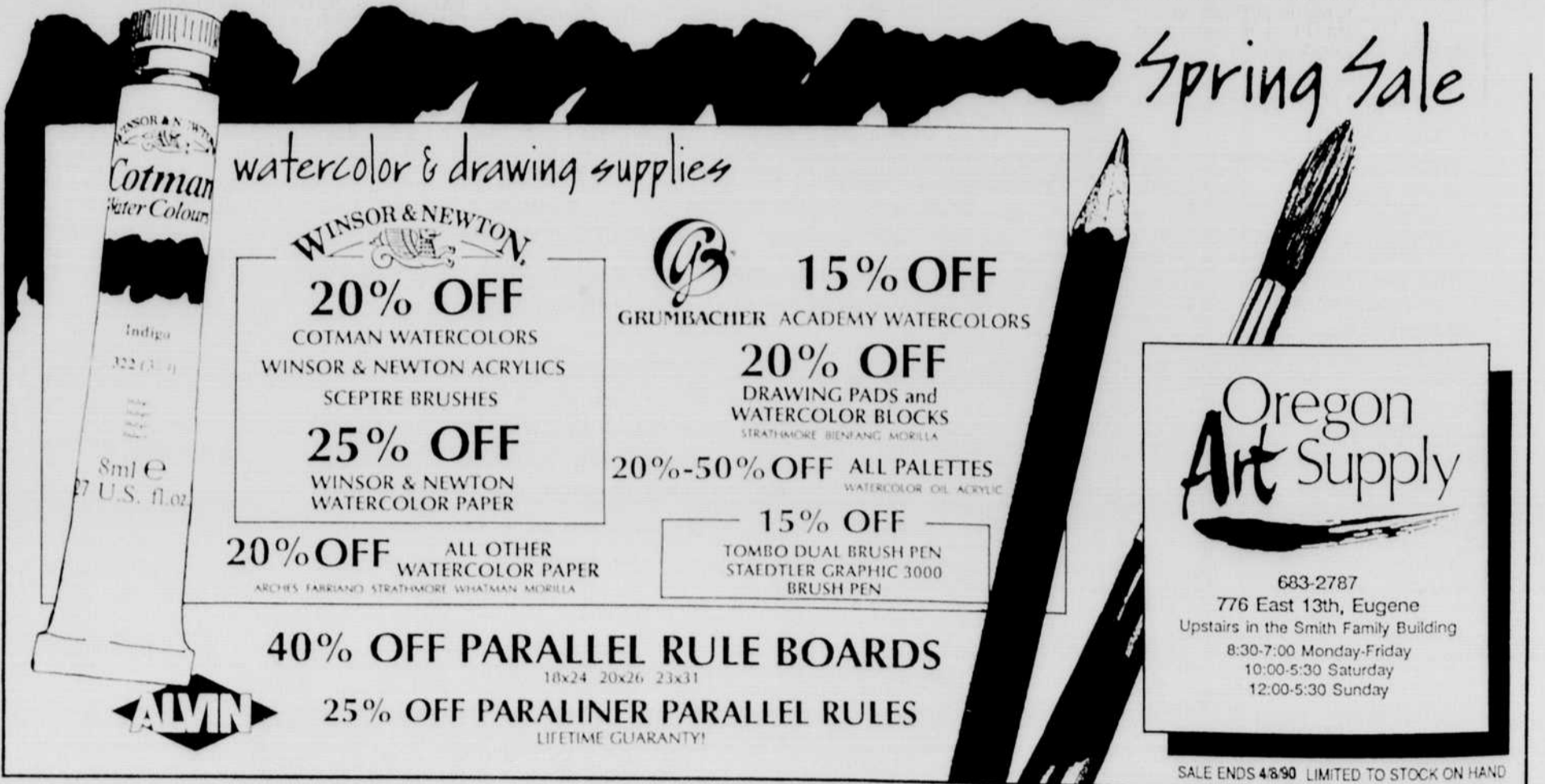


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