

“The good life is a process, not a state of being. It is a direction not a destination.”- Carl Rogers

As a counselor in the student counseling center (SCC) at QU , I focus on self-development, growth and responsibility of the client. I help individuals to recognize their strengths, flourish their creativity and understand their choices and its consequences in the “here and now”.

According to Carl Rogers’s basic notion we are all struggling to become our “real”, true, unique selves. What stands in our way is the tendency to deny our own needs and feelings, to pretend to be someone we are not , to avoid facing our true self, because of fear of criticism or rejection. I encourage the client not to allow the past to affect the present or the future. For example: when a student comes to me and complain that his or her life is bland and boring , I in through my humanistic perspective encourage the person to do some soul-searching and determine what is missing – A hobby? A friendship ? A relationship ? Whatever it takes for the person to feel fully self-actualized is what should be sought in the treatment.

In my approach which is also in alliance with the the humanistic perspective I encourage the students’ capability for self-help – that a person can be responsible for their own happiness, and that an unhappy or dissatisfied person can make changes to his or

her whole life that will result in their eventual happiness and self-actualization. I believe that people can heal themselves, what is needed is a warm, supportive environment to reach higher levels of self-fulfillment. I and my colleagues at SCC ensure to provide such kind of environment to our clients.

Fatima Haidar

Student Counselor