

## Problems with

your job, career,  
your supervisor, colleague,  
partner, family,  
saying goodbye, separation,  
your body, soul,  
attitude, drugs  
are not related to income or  
status.

One of these issues might occur more often than others at times, or they might manifest themselves differently. Some people might be better at dealing with them than others, or they might feel inhibited in a crisis.

## Good to know:

Counselling services during a crisis are available to all student services and university employees; everyone is free to use these services during working hours.

*Taking care of  
yourself by  
accepting competence  
assistance is a sign  
of own strength!*

## BSSB Social and Addiction Counselling services

The Social and Addiction counsellor of Carl von Ossietzky Universität and Studentenwerk Oldenburg

*Your partner  
in coaching +  
counselling*



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## Information Counselling Coaching



Sometimes, with a little bit of attentiveness...



...many individual parts come together to form a whole



Throughout our lives, we are constantly confronted with situations which raise new issues that make us feel insecure, in which we feel helpless or inhibited.

These are situations in which people need information, clarification, orientation, support, or compassion in a confidential environment to help them solve a problem.

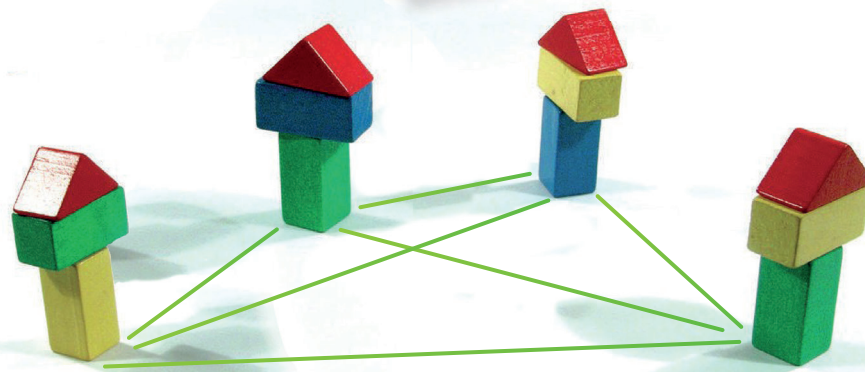
## Conflicts, for example...

Conflicts are part and parcel of our co-existence with those around us. It is vital that we use our intrinsically positive nature when resolving a conflict.

Conflicts can be overwhelming for the individual causing the conflict. In these cases, it is advisable to seek counselling, coaching, and support from a neutral and competent person.

Calling for help and support is not a sign of weakness, but rather a constructive contribution to preventing the conflict escalating further.

*Taking the first step seeking support!*



## The BSSB works according to the following principles:

### ... solution-oriented and action-oriented

We quickly come to realise that simply analysing an individual's problems and issues is not how it works. However, that doesn't really answer the all-important question: How does it work, then?

Here, a solution-oriented and action-oriented approach is required.

### ... resource-oriented

When coming up with a solution, the counselling services assume that you have the necessary resources to resolve your personal problem. The resource-oriented approach does not primarily focus on your weaknesses, but rather on your abilities and assets.

### ... appreciative

When working towards a resource-based solution, we only pursue goals which have been explicitly agreed with you first. The goals should lead to an increase in self-competence and a sense of responsibility for your own actions (performance).

### ... anonymous and confidential

Counselling services are offered in the strictest confidentiality and anonymity.