

MAY 24 2006

Psycho 101

Question: Who eats all your baked BBQ chips, wastes precious TiVo hours on Moesha reruns, clogs the shower drain, “forgets” to give you messages, and gets wasted and picks up nasty barflies nightly?

Hint: It’s not your significant other. Hopefully.

Answer: Your roommate. And you’d love to kick her out, but her name is on the lease. (Plus, she’s your best friend.) Never fear: Roommate counselor Alyson Mischel helps people with issues like late rent, clothing thievery, indoor smoking, and, of course, the non-bills-paying roommate: the LIB, or live-in boyfriend.

Over three to five sessions, Mischel uses couples therapy tactics ranging from communications exercises (i.e., “I feel hurt when the dishes stay dirty”) to cleaning and sleepover schedules for significant others. And despite her masters from Stanford and USC, and lecturing at UCLA (where she’s also an admissions honcho), she’s only 29 years old and cool.

Soon you can kiss your disputes or your roommate goodbye forever.

Oh, and if your answer to the above riddle was your guy, you might consider kissing him goodbye, too.

Alyson Mischel (310-273-8851 or alysonmischel.com).