

Individual and Group Counseling

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When might a child benefit from Counseling?

- Behavior which interferes with a child's ability to learn and make friends
- Excessive anger, sadness or fears
- Many physical symptoms which have no medical cause
- Talking about not wanting to live
- Difficulty adjusting to common family changes
- Experiencing trauma such as: abuse, abandonment, witness family violence, death or loss of a close family member, chronic illness, etc.

(from: Counseling for Children)

Counseling is...

- Encouraging and supporting
- Helping children grow – emotionally and socially
- Helping children understand their feelings
- Helping children understand individual differences
- Helping children get along with others
- Helping children problem-solve
- Helping children explore positive choices
- Helping adults understand children better

Individual and Group Counseling

Children can be referred to me individually or in a group setting. Depending on the child, individual sessions are more beneficial. Individual sessions are more intense, in depth and personal. Group sessions are formed to bring students with common "concerns" together with the intent of having them help each other resolve negative feelings, attitudes and conflicts. There are several types of groups or individual sessions I would like to offer:

1. Problem-solving: teaches steps to solving problems, understanding your feelings and the feelings of others, how to compromise; explore the consequences of personal choices, steps to making-up, etc.
2. Feelings Management: teaches children how to express themselves appropriately, what feelings are, what causes them (their perceptions), how to manage feelings that disrupt learning and working together.
3. Social Skills: teaches children social skills, how to communicate more effectively, how to share and make friends, etc.

4. TLC Self-Concept: teaches children the concept of self and others, help students develop self-confidence and the attitudes of trying, help students develop some sense of identity.
5. Banana Splits: support group for students who have experienced a separation/divorce and currently having difficulty adjusting to the changes that result from their mom and dad separating/getting divorce.
6. As needed: examples – deployment, bereavement, etc.

When: Children will meet once week for 30 – 45 minutes. Scheduling will be based on a case-by-case basis.

Who: Any child who you feel may benefit from the experience. Some students will not be able to work in a group yet; so let me know what you think is best. It is very important that you first discuss this referral to group/individual counseling with the parents/guardians of the child. I cannot work with children on a long term basis without parent permission. Children all ready receiving professional services may or may not be good candidates. Each child will be treated on an individual case-by-case basis.

Where: Sessions will be held in my office

How: Fill out a Student Support Referral form and return to me.

Teacher: _____ Grade: _____ Date: _____

Please communicate with the child's parents/guardians regarding this referral to counseling. If preferred, we can both communicate with parents/guardians at a parent-teacher conference.

Name of child	Reason for referral	Type of group

