

# Counseling Services

## Individual Counseling

Individual counseling is a service offered to all students. Students may be referred for counseling by a parent, a teacher or themselves.

The Counselor meets a student in a safe, positive, and confidential setting to address issues that 'get in the way' of school achievement.

Topics are based on the needs of the student and may include: understanding feelings, changing families/divorce, grief, stress, social skills, academics, bullying, problem-solving, and decision-making.

Many times, students will request a visit with the counselor regarding a situation at school and we will meet briefly to try to resolve the situation, particularly if there has been a problem on the classroom/hallway/lunchroom with another student(s). These types of visits do not require prior permission from a parent, however we encourage students to go home and share with parents and guardians that we spoke and explain why we met.

If the problem situation resulted in some type of consequence, the student will meet with the Principal. The counselor does not see students for discipline, but rather to assist in conflict resolution so that the student may return to class and have productive work time.

Serious behavior problems or certain family issues may require more in-depth counseling with a licensed professional counselor at an outside agency. Your school counselor can assist you with more information about resources in the community for counseling.

## Small Group Counseling

(Small group counseling is a service available to all students).

We offer small group counseling sessions throughout the year for students in grades sixth through eighth grade. The small group experience is an enjoyable way for students to benefit from personal growth as well as to gain support from peers with similar needs. Groups are typically arranged through parent and teacher referrals. The small groups usually meet for four to six week sessions. Groups are created as needed according to varying topics.

Small groups may focus on confidence building, anger management, changing families/divorce, friendship, social skills or school success skills.

Each year is a bit different and the needs of the current groups usually dictate what types of groups are offered. I will always ask for written parent permission before including a student in a small counseling group.

Confidentiality is an important part of small group work, but it can be a difficult concept for kids. In order to avoid the problems that arise when students go home and tell their parents they can't share anything about group because "it's a secret," I usually explain it like this: *each student can feel free to share what the topic was in group or what he or she said in group but not what other students have shared.*

Students who break the confidentiality of group and discuss things outside of group with others may be asked to leave the group. Small groups are for sharing and problem solving and all students should feel safe in their group.

## **Classroom Guidance Lessons**

Planned, educational groups designed to help students understand and deal with normal developmental tasks and issues.

Examples include:

Safer, Smarter Teens

Character Education

Peer Relationships

Conflict Resolution

Bully/Cyberbully Prevention

Suicide Prevention/Awareness

These lessons are provided for all students through a collaborative effort by the counselor and teachers. They also provide an important opportunity for non-referred students to interact with the counselor.

[FL School Counseling Framework](#)