

Attendance: Dr. Gardner, Dr. Bough, Mrs. Tebbenkamp, Mrs. Grass, Marti Miller, Rolanda Lawler

Mrs. Grass spoke about her new role as a School Based Clinician and the processes involved. The Elementary, Middle, and High School counselors will make referrals to her for counseling visits. She will use different strategies including play therapy to make observations that will enable her to guide and help the student navigate what they need to to get through their difficult situations. She will have a designated area in each building to privately meet with students.

Play therapy utilizes a variety of techniques and activities for processing. Some of the tools she plans to use include:

- A variety of toys for students to play with-a fun & easy way to aid in discussion
- Coloring sheets-describe thoughts through colors & pictures
- Various scenery pictures-student can choose & explain their thoughts about them
- Drawing a clock and placing the hands on a time of their choice-explain why they picked that particular time
- Sandbox with hidden small objects-discuss what each object means to them

Mrs. Grass has developed a Counseling Session Summary worksheet she will use to track goals for each student and measure their progress. This worksheet includes detailed descriptions of several areas including:

1. Observed feeling expressed
2. Play
3. General assessment, dynamics of session
4. Student's overall behavior/affect
5. Session play themes
6. Session notes

Each student will be able to have 3-4 counseling sessions with Mrs. Grass. Counseling is a process that takes time, and the counselor is a guide. Counseling is not telling the student what to do, forcing them to say/do things, directing, or controlling. The desirable goal is for each student to be able to self-regulate, to learn strategies they can use to cope with their issues.

In addition to meeting with students, Mrs. Grass will also be able to counsel parents/caregivers as needed to teach them skills they can use to listen and play with their children.