

Counseling Services

CLASSROOM GUIDANCE

The Cochiti Counseling Program's standards-based curriculum is delivered to all students at the prevention level through Classroom Guidance Lessons. Each class typically receives 1 lesson each month and, in addition, I am available upon teacher requests. Lessons address academic, career and personal/social topics, and although most of the lessons have concentrated on personal/social skills, I will be including more academic lessons including learning styles, study skills, and test taking strategies. Career topics will include team building, goal setting and the link between good school and work habits. Personal/social lessons address issues such as friendship, conflict resolution, bullying, coping skills, decision making skills, and anger management. Teamwork, community and positive communication are incorporated into all the lessons through experiential education methods. Each Classroom Guidance lesson begins with a CHARACTER COUNTS lesson including discussions about good character and a story, activity, or video based character development.

GROUP COUNSELING

Any staff member, parent, or student may request group counseling sessions. Group counseling usually consists of 6-8 weekly, 30-minute sessions. These sessions occur during the regular school day. Typically groups do not meet during recess or lunch, as these are important times for socialization and physical movement. Topics include friendships, focus issues, anger management, study skills, test taking strategies and relational aggression. Group topics are determined by need and the impact the issue is having on the student's academic progress. Various modalities are utilized, including: games, play, experiential education and art. Parents and/or guardians will be asked to sign a permission slip written by the student before sessions begin. Typically, divorce and grief groups are offered to students, however, these issues can be very emotionally-charged and some students find it difficult to process their feelings thoroughly in the school setting. They may require more in-depth therapy. If you need referrals, please visit the "Resources" page or feel free to contact me.

INDIVIDUAL COUNSELING/CRISIS INTERVENTION

Any staff member, parent or student may request that a student receive an individual counseling session. Individual counseling is offered on a short-term, temporary basis. Typically, no more than 3 sessions are provided. If the issues are chronic and/or acute resources and/or referrals will be provided. Reasons for referrals include, but are not limited to, school anxiety, changing families, grief/loss issues and anger management. School counseling is not therapy.

CONFIDENTIALITY AND INFORMED CONSENT

Confidentiality, in both group and individual counseling sessions, is always maintained. If there are any concerns at the conclusion of the school counseling services, I will contact you to discuss possibly interventions. There may be circumstances when it is necessary to release confidential information regarding a student. State law requires that any suspicion or evidence of child abuse/neglect, elder abuse, or knowledge of a minor engaging in dangerous or illegal behavior be reported to the appropriate child protection agencies and/or legal authorities. Furthermore, if a student poses a serious danger to him/herself or is a substantial danger to others, any individual (including school personnel) with knowledge, evidence, or suspicion of said danger, is required by law

to intervene. The intervention may include informing family members, identified victims, and/or the proper authorities to provide for the safety of the student and others.

Much of this text is quoted or modified from the American School Counseling Association (2003, revised 2009). ASCA National Standards for Students. Alexandria, VA: Author