

Message to Parents

Individual counseling provides students the opportunity to explore feelings, thoughts, and behaviors in a private, one-on-one session with a trusted adult (counselor). Group counseling gives students the experience of working with two or more students under the guidance of the counselor in order to address feelings, thoughts, behaviors, and/or to learn specific skills. At times, sensitive or difficult topics are addressed which may bring about emotional discomfort. However, dealing with these issues can lead to better understanding of self and others.

The purpose of both individual and group counseling is to work on academic, personal, social, and emotional issues so students will be able to focus on school achievement.

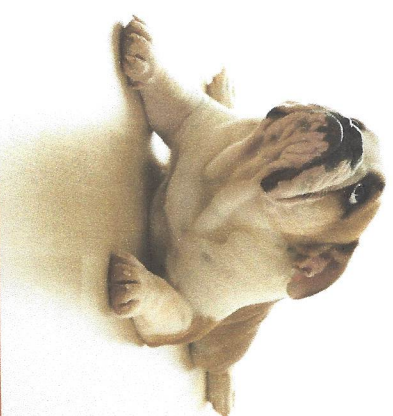
It should be noted that counseling is a voluntary process and it comes with no guarantee.

School counseling services are provided free of charge to students who are currently enrolled at [redacted] Elementary School.

About the School Counselor

My name is [redacted], I earned my Bachelor's Degree from [redacted] and I am currently receiving supervision from Dr. Teri Sartor at [redacted] to complete the final course requirements for my Master's Degree in School Counseling. For the past three years I have served as the Character Education and Special Programs Coordinator at [redacted] Elementary. I have enjoyed working with students in that capacity and I look forward to further meeting the needs of the students by increasing the types of counseling services that will be offered through the school counseling office.

School Name
Here



School Counseling Services

Disclosure and
Informed Consent Brochure

Your Name
School Counselor
School/Office Phone Number
Your school email address

Your School's Name

The [redacted] Elementary School Counselor offers classroom guidance, individual counseling, and small group counseling.

Classroom Guidance

At least once a month the school counselor provides whole class character education guidance lessons through each grade levels library time.

Individual Counseling

Individual counseling sessions are offered once a week. Each session lasts 30 minutes. Play therapy will be the primary technique for elementary school students because it allows children to use toys in a playroom to work through feelings and learn self-management skills much like an adult uses talking with a counselor to work through concerns.

Group Counseling

Several small counseling groups will be conducted over the course of this year. Those groups include: anger management, coping with death, coping with divorce, self-control, and self-esteem. Group sessions will be conducted once a week for 30 minutes over the course of 6-8 weeks depending on the topic. In group counseling, the counselor will make every effort to ensure confidentiality but cannot guarantee group member compliance.

Information about Privacy

The school counseling office makes every effort possible to follow the counseling guidelines contained in the American School Counseling Association Code of Ethics. This means I will keep the information that is disclosed in a session confidential—unless you give me permission to share it, or unless I am required by law or school policy to share it.

Examples of when I must share your information:

- When you give me permission to share information.
- When I am required to release information by a school policy, state law and/or the code of ethics for counselors.
- If I believe you are at risk for harming yourself or others.
- If I believe someone is trying to hurt you.
- If a judge orders me to provide information in court.
- If a law is broken.
- When I must consult with other counseling professionals to better help you.

If you have questions or worries about these privacy rules, please tell me. Your safety and welfare are my highest priority.

Acknowledgement of

Receipt of Informed Consent

Please read and sign this acknowledgement of receipt of the informed consent. Then tear off this section and return it to the [redacted]

[redacted] Counseling Office.

A signature is required from both the student and the parent/guardian before the school counselor can begin to provide individual or small group services.

By signing, you are:

- Acknowledging that you have read the information in this brochure.
- Acknowledging that you understand what is stated in the brochure and that you will discuss any questions you have with the school counselor.

Student Signature

Date

Parent/Guardian Signature

Date