

# INDIVIDUAL/GROUP COUNSELING APPROACHES

Art  
Activities

Play  
Therapy

Social  
Skills

## Sample of Informed Consent

I would like for my child to participate in individual/group counseling at The Arc Kohler School. Individual counseling provides students with the opportunity to explore feelings, thoughts, and behaviors in a private, one-on-one setting with a trusted adult. 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. The purpose of both individual and group counseling is to work on academic, personal, social, and emotional issues so students will be prepared to focus on school achievement.

Counseling is voluntary and without a guarantee. You or your child may stop counseling at any time without any negative consequences. At times, sensitive or difficult topics are addressed which may bring about emotional discomfort. However, dealing with these issues can lead to better understanding and acceptance of self and others.

Confidentiality will be guarded within legal and ethical limits of the counseling profession. Sometimes other counseling professionals may need to be consulted but the student's identity will be protected. If your child shares that he or she is being harmed, may be harmed, plans harm to himself/herself, another person or property, the counselor will share the information with parents or other appropriate persons. In group counseling, the counselor will make every effort to ensure confidentiality but cannot guarantee group member compliance.

*(The above statement is used in the informed consent form for parents to read and discuss with the counselor at the time of referral. If parent(s) and student understand the conditions for counseling, both parties will sign the form and give the form to the counselor to keep in a secure location.)*

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THE ARC  
**KOHLER  
SCHOOL**  
EST. 1963

## COUNSELING PROGRAM: A PARENT'S GUIDE TO SCHOOL COUNSELING

What is school counseling?  
Who is the school  
counselor?  
How do I get counseling  
for my child?

  
**The Arc.**  
Union County

## What Is School Counseling?

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School counseling is a program designed for a professional school counselor/social worker to give support, offer encouragement, and teach skills. School counseling helps students emotionally and socially so they can concentrate on school tasks. The school counseling program offers the following services:

- Individual Counseling
- Classroom Guidance  
(Class visits)

### **Possible Individual Topics:**

- Personal/family crisis
- Conflicts with others
- Feelings/Emotional Regulation
- Self-esteem
- Normal developmental issues
- Anger management
- Loss (divorce, death)
- Friendship and Social Skills

## Who Is The Counselor?

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Danielle Sumereau has a variety of experiences working with children with special needs and mental health conditions. In addition to her work for the school, her experiences include working as an in-home clinician for individuals, families, and children with a variety of emotional, social, and behavioral challenges. Danielle is in-tune with many of the experiences families of children with special needs have and the challenges they face.

Miss Sumereau received her Master's degree in Clinical Social Work at Rutgers University. She is a licensed social worker in New Jersey.



## How Do I Get Counseling For My Child?

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Individual counseling occurs during the school day on a weekly basis with prearranged appointments. Teachers can request a referral by emailing or writing a note to be put in the social worker's mailbox in the school office. Parents can request appointments in person, by telephone, e-mail, or letter. An informed consent form signed by a parent is required for students to receive extended counseling sessions. (See the back of this brochure for a sample of the informed consent.)

### **CONTACT INFORMATION**

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