

School Counseling



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Individual Counseling and Group Procedures

What Is Counseling?

- It is not psychotherapy which emphasizes
 - the past
 - insight
 - detachment of the therapist
 - the therapist's role as expert
- Counseling is concerned with
 - the present
 - collaboration with clients
 - not imposing values
 - change behavior

Individual Counseling and Group Procedures

What Is Counseling and how is it different from psychotherapy?



- Psychotherapy emphasizes
 - ◆ the past
 - ◆ insight
 - ◆ detachment of the therapist
 - ◆ the therapist's role as expert
- Counseling is concerned with
 - ◆ the present
 - ◆ change behavior
 - ◆ collaboration with clients
 - ◆ not imposing values

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Who Needs Counseling?

Counselors are often asked to counsel someone who may or may not need the counselor's services. Counselors ask:

- Does the counselee think he or she has a problem?
- Does the counselee want assistance?
- Does the counselee feel he or she can change or has any control over the situation?
- Is the counselee committed to working on his or her issues?

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Goals Of Counseling

- To change one's behavior.
- To improve social and personal relationships.
- To increase one's ability to cope with adversity.
- To learn how to effectively make decisions.
- To enhance potential and facilitate self-development.



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Individual Counseling In Schools

Stages of Counseling in Schools

- *Establish a relationship* with the student using “unconditional positive regard” and “genuineness.”
- *Explore the student’s concern* using theoretical techniques.
- *Take action* to address the student’s concerns which includes goal setting.
- When the goals have been achieved the counselor needs to *end the relationship* but must do so with care and consideration as he or she will be seeing the student at school.

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Brief Counseling

- Seeks to address one developmental issue or concern at a time.
- Is geared toward solutions and not the problems.
- It is an action oriented approach. The student *must* do something.
- Is mostly composed of four steps: 1) What does the student want to change, 2) what has the student already done, 3) what is the goal, 4) develop a strategy for change.

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Crisis Counseling

- Assess the degree of risk.
- Be directive with the student.
- Work with the school crisis team to effectively handle the crisis.
- Determine what services are needed, even if that is a referral to an outside agency.
- Follow-up with the student after the crisis.

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Counseling Approaches

- Most school counselors use an *eclectic* approach to school counseling, incorporating a number of useful theories into their practice.

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Group Procedures

Groups can be a forum that enables students to learn empathic behavior, problem-solving skills, and prosocial attributes.

There are two main types of groups used by counselors:

- Group Counseling: Focus is on developmental, preventative or remedial issues.
- Group Consultation: Focus is on instructional, informational, and problem-solving processes.

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Group Counseling and Group Guidance

- Can be used with students who have similar concerns and student goals can be linked.
- Groups can be used with a variety of issues.
- Counselors use groups to help students build social support and to learn to help one another.

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The Purpose and Nature of Groups

Group counseling builds a personal relationship with the students.

Group guidance Is more instructional and informational.

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The Purpose and Nature of Groups

- *Group size* depends on the purpose of the group , the age of the students and the severity of the problems being addressed.
- *Group structure* can be open (allows students to enter and leave the group as needed) and *closed* (only the group members who started at the beginning are in the group at the end).

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Leading Groups

Counselors must set ground rules for groups to run smoothly.
Examples of rules to share with students are:

Set your goals early

Listen to the opinions of others

Keep things confidential

Respect the counselor

Present your concerns clearly

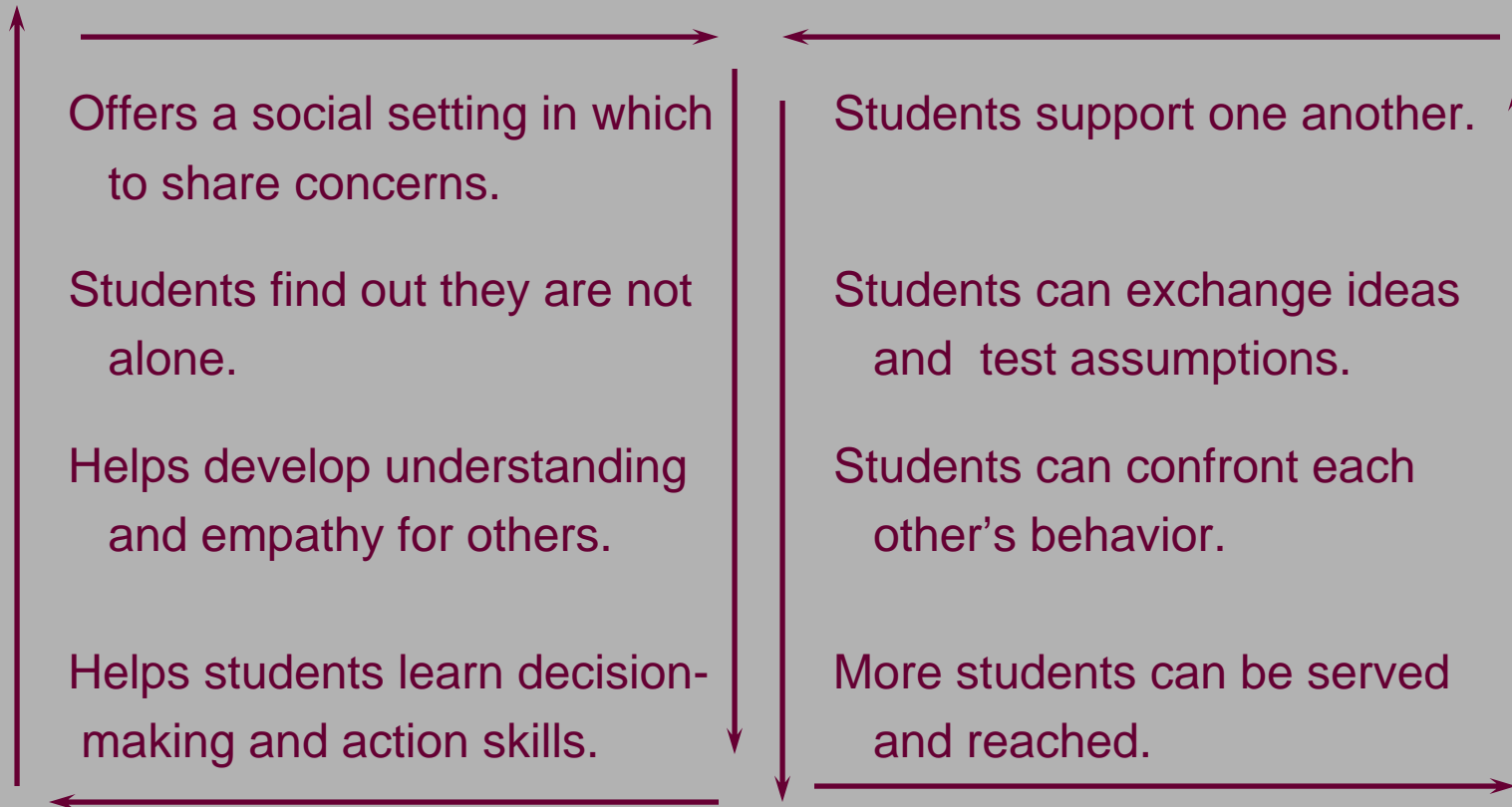
Respect other's point of view

Be on time

Keep group decisions

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Advantages of Group Counseling



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Limitations of Group Counseling

Takes a high degree of leadership skill.

There are more people for which to keep track.

Counselors can become fatigued from keeping track of group dynamics.

Scheduling groups can be difficult.

It may not be suitable for all students.

It may not be suitable for all issues.

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Advantages of Group Guidance

Students can be given information all at once.

It does not require any special training.

Group guidance activities can be integrated with classroom learning.

It emphasizes the positive aspects of human nature.

It does not require specialized knowledge in theory.

Information can be generalized by the student and used in many different environments.

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Limitations of Group Guidance

They may not lead to any changes within the student.

Does not necessarily incorporate student goals.

Does not allow for as much interaction between members.

Counselors need to be more directive as group size is often larger.

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Research on Counseling

- Most research has focused on the core conditions of counseling.
- Currently research does not support any one theory over any other.
- Counselor/client relationships have been shown to be of utmost importance.
- The most benefit from counseling occurs in the first six months.
- Students who received counseling showed improvement in attitudes, behaviors and academic performance.

School Counseling Presentation Resources

Schmidt, J. J. (2003). Counseling in schools: Essential services and comprehensive programs, 4th ed. Boston, MA.: Allyn & Bacon.