

Small Group Counseling



Throughout the year, I offer counseling groups **based on specific needs**. Small groups are confidentiality-bound, meaning a child can share what he/she said in group, but a child CANNOT share what others said in the group.

- Students can be referred into these groups by a teacher, a parent, an administrator, or the counselor.
- The groups are activity-based – they are very positive and fun for students to attend.
- Children are never put on the spot or forced to share information; they always have the option to “pass”.
- Groups are scheduled so that students miss as little academic time as possible.
- Groups typically meet once a week for 4 to 6 weeks (about 30 minutes each week).
- Some possible groups are:
 - **Changing Families** – (separation, divorce, blended families)
 - **Grief Support** – (death of a family member or close friend)
 - **Let’s Get Along** – (making/keeping friends, resolving conflict)
 - **Peace of Mind** – (identifying stress, anxiety, & fears – coping skills)
 - **Angry Birds** – (anger / frustration – using self-control & cool-down strategies)

Please email me at astinson@maypearlisd.org if you feel your child could benefit from one of the groups described above.

Individual Counseling



In general, school counselors provide **short-term counseling** for school-related problems or for problems that are affecting school performance.

- Students are referred to me by a teacher, a parent, an administrator, or even the child himself.
- Depending on the age of the student, different activities are used during a counseling session (to help them express feelings / process situations) such as draw, write, paint, sand tray, puzzles, board games, etc.
- **Keep in mind this is a school environment and NOT meant to be therapy.** If your child needs to meet more than a few times, I will be happy to refer you to an outside counselor or therapist in the area.