



## *Weatherly Area School District*

# Summer Individual and Group Counseling

Dear Parent(s)/Guardian(s),

Weatherly Area School District's school psychologist, Tiffany Huff, offers short-term individual counseling and group counseling to students. Parents/guardians or school staff may refer students for counseling, or students may request counseling themselves. Counseling is a relationship built on confidentiality and trust—student trust, parent trust, teacher trust. Adequate information is the foundation of trust—all involved must have information about the limits and processes of counseling. The following information describes the overall process of counseling.

**How does a student receive counseling at school during the summer?:** By signing the consent form, which you will receive after returning this completed form, you are consenting for your child to attend and receive counseling services, in either an individual or group setting based on your selection. Individual sessions will last from 30 to 45 minutes, while group sessions last 1 hour. Once the school psychologist has received this completed form, you will receive notice of your students eligibility for services and confirmation of time/date of session/group. Availability for individual and group sessions are limited, so please ensure you return your permission as soon as possible. It is due on **May 21, 2024**.

**Who provides the counseling at school?** Counseling is provided by a state certified Professional School Counselor/School Psychologist.

**Is counseling required?** It is your choice to give consent for your child to receive counseling. Summer counseling is not mandatory, but a free service offered to students in need.

**What will counseling for your child involve?** Counseling may include small group or individual sessions. During the sessions, your child and a school psychologist will work together to understand the problem, the present and future consequences, develop goals for change and a plan of action for change.

**How is information shared?** Trust is the basis for effective counseling. The ethical guidelines of the American School Counselor Association emphasize the importance of **confidentiality** between school counselors/school psychologists and students at the same time recognizing the rights of parents. As a parent or guardian, you must trust that the school counselor/school psychologist will “take good care of” one of your most prized possessions. Your child must know and trust that what is shared with the counselor/psychologist will stay with the counselor/psychologist unless he or she gives permission to share information or if the school counselor/school psychologist suspects the child is in danger of being hurt by others, hurting him or herself, or hurting others.

**Confidentiality:** Trust and **confidentiality** work together. Counseling records do not become a part of the permanent record of the student except as required by school safety policy. A record may indicate that a student was seen by the Professional School Counselor/ School Psychologist; however, the topics discussed are not included unless required by the school board safety policy. The requirements of the Family Education Rights and Privacy Act (FERPA) are enforced—information will not be released to anyone outside our school without your written permission. The PSC may talk with the classroom teacher about how he or she can help your child in the classroom; however, specific information will not be shared.

**Possible outcomes:** Through counseling, your child may be taught strategies to help him or her make more effective and healthier decisions, increase the ability to set and reach goals, build better relationships with others, and be more successful in school. We all must realize that changes take time; his or her problem did not develop overnight, nor will it disappear overnight. Counseling will be successful when students, school counselors, teachers, and family members work together.

**Cost:** There is no cost to you for any of the counseling your child receives as a part of our district's Comprehensive Guidance and Counseling Program. Please note however, that it would be your responsibility to drop off and pick-up your child(ren) from services.

*Tiffany A. Huff*

Tiffany A. Huff  
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***Weatherly Area School District***  
**Summer Individual and Group Counseling**  
**Form DUE by: 05/21/2024**

**Student Name** (Please Print): \_\_\_\_\_ **Current Grade:** \_\_\_\_\_

**Current Teacher:** \_\_\_\_\_ **School Psychologist:** Tiffany Huff

**Group counseling will be held on Tuesdays, beginning on July 9, 2024. Individual counseling services will be held on Wednesdays beginning on July 10, 2024 and running for 5 weeks. Your student cannot participate without a returned consent form, which will be sent to you following the return of this form.**

*Please check one:*

I am interested in having my child attend summer group counseling.

I am interested in having my child receive summer individual counseling sessions.

I choose to decline school counseling summer services for my child at this time. I understand that I may request counseling services at a later date if needed.

**Parent/Guardian (Print):** \_\_\_\_\_

**Date:** \_\_\_ / \_\_\_ / \_\_\_

**Phone:** \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

**Email:** \_\_\_\_\_

**PLEASE READ DIRECTIONS CAREFULLY:**

Please indicate which area your child may benefit from by numbering order of **preference from 1-5, with 1 being your top choice.**

	Anger Management		Grief		Social Skills		Stress Management
	Self-Esteem		Motivation		Empathy		Goal Setting
	Self-Control		Feelings/Coping Skills		Divorce		Anxiety
	Friendship		No More Drama		Life Changes		Conflict Resolution
	Mindfulness		Transition to High School		<b>Other:</b>		<b>Other:</b>

**Reminder:** It is your responsibility to drop off and pick-up your child(ren) from services.