

# PSYCHE IT OUT

Welcome Back Everyone!

September 2010

And to our new families, a warm welcome aboard. I'd like to introduce myself and briefly outline the St. Francis counseling program. The counseling program is an integral part of the total education curriculum and is designed to support all students. The goal of this program is to offer guidance and teach skills that help students, parents, and teachers develop positive learning experiences. Sometimes this is achieved in the classroom through lessons and activities with objectives to help students get along, learn anger management techniques, and recognize physical and emotional bullying. These lessons are meant for all students and do not require any self-disclosure of personal information.

Sometimes students are seen on a one-on-one basis to work through social, emotional, or behavioral issues. Individual counseling is meant to be developmental in nature and is designed to help students gain an understanding of themselves and others, define goals, and resolve conflict. I do not do psychotherapy or other techniques used in clinical settings, nor do I focus on mental illness.

Students may self-refer by slipping a note under my door, or parents or teachers may request that I see a child to discuss a particular concern. I see students anywhere from one time to several weeks, depending on the nature of the problem. If it looks like I need to see a student beyond two times, I contact parents. Information shared during counseling sessions remains confidential unless permission is given to share it with others. There are instances when the law requires that confidential information be revealed, as in disclosures of abuse, or if the student plans to physically harm him/herself or others. Before any information is revealed, it is my duty to consult with other professionals.

Our counseling program, outlined above, is based on the American School Counseling Association National Model, which is recognized as the highest standard from coast to coast. Parents may review the materials I use in the counseling program by contacting me and setting up an appointment. You can contact me at any time with concerns or questions.

As for my credentials, I attended Seattle University where I earned a School Psychologist and a School Counselor degree. Before that I taught for fifteen years, and I'm a mother of three. I'm at the school Wednesday through Friday and can be reached at 206-243-0775.

Have a great year,  
*Lonnie Miller*