



Informed Consent for Individual and/or Group School Counseling

Dear Parent/Guardian of _____,

School counseling is a service provided by St. Mary's as part of its commitment to developing well-rounded, confident children. The school counselor is available to meet with children individually or in a group. The purpose of these sessions is to provide guidance on topics with which school aged students sometimes struggle. Examples of topics that may be addressed in individual or group counseling sessions are listed below.

| | | | |
|------------------------|-----------------------|------------------|-----------------|
| Academics | Communication | Goal Setting | Problem Solving |
| Anger Management | Dealing with Feelings | Grief and Loss | Self-Esteem |
| Anxiety/Stress | Decision Making | Listening Skills | Study Skills |
| Building Relationships | Divorce | Organization | Other_____ |

Children may be referred for counseling by you or a St. Mary's faculty or staff member. They may also make a personal request to be seen by me. Parents must give consent for their child(ren) to participate in group counseling and/or when their child would like to be seen more than 2 times individually to address a concern.

Counseling is voluntary, and you or your child may stop counseling at any time. Sensitive topics are often addressed, which may bring about emotional discomfort. However, dealing with these feelings can lead to a greater understanding of the concern and ultimately lead to relief.

In order to provide the most effective services for your child the school counselor regularly collaborates with members of the treatment team, which include other faculty/staff members with whom your child is in contact. These individuals may include the Head of School, Division Heads, Teachers, Dean, Chaplain, and members of the Center for Learning. Since confidentiality is a key feature of the counseling experience the school counselor will divulge the least amount of information necessary to provide the highest level of care to your child.

The information discussed during team meetings will not be shared with anyone outside of the treatment team without your and your child's consent, except in situations required by law. These situations are described below:

- In the case that the school counselor feels that your child is in danger of harming him/herself or others she is required to take action. Every effort will be made to work with you and inform you in such a case.

- If instances of previously unreported sexual or physical abuse of a minor or elder are brought to light, California state law requires that the school counselor report this information to the proper authorities or assist you in making such a report.
- If counseling records are court ordered, the school counselor will attempt to contact you first. However, she must comply with the court.

Although the information shared during a counseling meeting with a minor is confidential, parents/guardians have a right to be informed of their child's general progress.

If you have further questions/concerns about the information on this form, the counseling relationship, or your child's progress please contact the School Counselor at 949-448-9027 x334

I have read the above information and hereby give consent for my child to participate in counseling services and agree to abide by the guidelines of confidentiality. I also understand that I can revoke my consent at any time. This consent form will be good for the 2015-2016 academic year unless otherwise specified.

***Please note that both parents must give consent for their child to participate in ongoing counseling. In the event of divorce/separation both parents must give consent unless one parent has been awarded sole legal custody.**

Parent/Guardian Signature: _____ **Date:** _____

Additional Parent/Guardian Signature: _____ **Date:** _____

Student Name: _____