

SMALL COUNSELING GROUPS

The Malvern Elementary Counseling department believes in the personal potential of every student. We are pleased to offer several small-group counseling opportunities throughout the year to assist students to reach their full personal and academic potential. The groups are usually six sessions long and they meet weekly. The groups are typically closed-ended groups, meaning that students are not added to the group once the group has begun unless there are extreme extenuating circumstances and group dynamics allow for new members. All groups are confidential. Students are considered for group participation based on teacher/administrator recommendations and parent request. If you are interested in small group counseling for your child/student, please complete the form below or contact Mrs. Davenport at 469-302-5300:

There are several possible small group topics including the following: (dates for groups are pending)

___Peer Relations and Social Skills

___Self Esteem

___Anger Management

___Changing Families/Divorce

___Managing Stress & Anxiety

If you feel your student or child might benefit from any of the groups listed above, please submit the form below by October 17, 2018 and a permission form will be sent home. Only those students with signed permission forms may participate.

Student Name:

Grade:

Teacher

Please see a brief description of the groups listed below.

* **The Peer Relations and Social Skills** groups will focus on assisting students that are struggling with making (and keeping friends) and the potential resulting consequences. Adequate social skills are critical for students to achieve personal success and help each student to reach his/her highest level of learning. Some of the concepts included in the lesson:

1. The importance of healthy self-concept in relation to others
2. Skills necessary to interact well with others (respecting personal space, Recognizing/responding to verbal and nonverbal cues etc...)
3. How to respect self and others
4. The importance of understanding other cultures and personal identities
5. Personal responsibility

* **The Self Esteem** group will focus on assisting students that are struggling with healthy self-concept. We believe that students that lack personal self-reliance and confidence are less likely to perform to potential personally, academically, and socially. Some of the concepts included in the lesson::

1. We all have strengths and growth areas (Individuality)
2. How to use communication skills to ask for help when needed
3. Accepting mistakes as essential components to the learning process
4. How to articulate feelings of competence and confidence
5. Identifying attitudes and behaviors leading to successful learning

* **The Anger Management** group will focus on assisting students that are struggling with frustration tolerance and expressing feelings of anger. Some students need to learn healthy and socially appropriate/respectful ways to express angry feelings. Students that struggle with anger expression may have a tendency to allow anger to "get out of control" which can negatively impact academic, personal, and social functioning. Some of the concepts included in the lesson: :

1. Everyone gets angry
2. Anger versus fear
3. Recognizing personal signs of anger
4. Stop/Think/Act technique as well as Relaxation techniques
5. How to ask for help

* **The Changing Families/Divorce Support** group is designed to assist students in family transition. It has been our experience that children seem to cope better with changing families (including separation and divorce, parent remarrying, parent moving out of state, big brother/sister moving out etc...) when they have a chance to share their feelings with others going through similar experiences. Some of the concepts included in the lesson: include:

1. Acknowledgement of various family structures.
2. The expression of feelings regarding family transition.
3. The child is not to blame for transition (including Divorce).
4. All feelings are acceptable and allowed to be expressed.
5. Healthy ways to release uncomfortable or destructive emotions.

* **The Managing Stress & Anxiety** group focuses on stress management. Students will learn about the meaning of stress, how stress affects their lives, and how best to cope with the effects of stress and anxiety at home and at school. ... Some of the concepts included in the lesson:

1. Increase student knowledge about stress and anxiety
2. Reduce stress & anxiety by building physiological, cognitive, and behavioral coping strategies.