

Information for Parents - Child



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- ✓ Individual Counseling
Children • Adolescents • Adults
- ✓ Marriage & Family Counseling

Children (like adults) frequently have difficulty talking about what is bothering them. Sometimes they don't want to discuss their thoughts and feelings. Other times they have not yet developed the vocabulary or cognitive skills they need to be able to do so.

Our approach to counseling children and pre-adolescents is to use a wide variety of theory-based play therapy (a child's natural language) approaches involving toys, art, crafts, games, and other materials to help children express themselves. If children are able to say what they think or how they feel through toys and art media to someone who facilitates their process in a certain way, they tend to respond positively and are able to successfully work through their presenting problems or issues.

Counseling sessions with children are confidential just like those with adults. We keep the specifics of what a child says and does in the sessions private to build trust in the relationship between the child and the counselor. You may choose to schedule an appointment with your child's counselor at any time. You may also contact your child's counselor at any time by phone or email. Our standard procedure is to meet with the parents approximately every 5th session to consult on your child's progress.

The best thing to tell a young child about coming here is that he or she is coming to a place with toys to play with a counselor. If the child wants to know why he or she is coming, you can say something general like "Things don't seem to be going very well for you at home (or school, etc.) and sometimes it helps to have a special time for yourself with a special person." For older children, you can let them know that they will be talking with a counselor as well as engaging in art or game activities. With older children, it also helps if you stress that you are willing to get involved in counseling to change things for the family in general. Since children may play with sand or paint, they should wear comfortable play clothes, rather than "good" clothes. The play process is sometimes messy!

A typical counseling session will last 45 minutes. If you need to speak to your child's counselor it is best to make a separate appointment or request to speak with the counselor at the beginning of your child's session. Occasionally sessions are video and/or audio recorded for record keeping, educational, and training purposes. Further, a child's expressive art creation such as a painting or sand tray may be photographed for record keeping, educational, and training purposes. Your child's personal information will not be disclosed during any educational or training processes. Please check below and sign and date indicating your consent to have your child or your child's expressive art creation photographed, video and/or audio recorded for educational and training purposes.

- I give consent
- I do not give consent

To allow my child to be video and/or audio recorded for record keeping, educational, and training purposes.

- I give consent
- I do not give consent

To allow my child's expressive art creation to be photographed for educational and training purposes.

Client Name

Parent/Guardian Signature

Date