

How do I get my child/family to go for counseling?

Avoid blaming or threatening. Speak of the problem as one that involves the entire family, not just one member. Focus on your concerns and the desire to make things better. Have the expectation that your child will go and don't worry if he/she says, "I won't talk." This is a common statement and should not stop you from seeking help. Counselors work with kids who don't want to talk. **If a family member refuses to go, go yourself!** You can still receive help and support. Counselors can give you insight into how your behavior and attitudes impact your situation and those for whom you are concerned.

How often do we meet?

Therapy is usually scheduled for once a week but can be scheduled more or less often. You and the counselor determine the frequency of the sessions.

Where do we meet?

Counseling usually takes place at the counselor's office but some counselors will do therapy in your home or will go to school to see your child.

Will our sessions be confidential?

Therapists work under a professional ethic whereby they cannot share information from your counseling sessions outside their agency without your permission except for:

- Reports of abuse or neglect of a child
- Reports that a client intends to harm himself or others
- If there is a court subpoena

How do I pay?

Private counselors accept health insurance or Medicaid payments. Nebraska also offers income-based health insurance for eligible children under age 19 (Kids Connection, 402-323-7455 or email Kids.Connection@dhhs.ne.gov). If you or your child is not covered by any of these benefits, non-profit counseling agencies offer lower fees or will base your fee on your income (a sliding fee). Some families also use counseling services at the University of Nebraska – Lincoln, where psychology interns offer counseling in a supervised setting. There is a nominal fee for these services. Additionally, some private therapists will let you arrange a payment plan. In our community, payment should not be a barrier to receiving counseling services.



1-888-866-8660

For the hearing and speech impaired with TTY equipment call 1-888-556-5117

www.nebraskafamilyhelpline.ne.gov

- Trained counselors 24/7/365
- Children's behavioral issues
- Parent/child conflict resolution
- Youth mental health referrals

Need help? Don't know where to start?

Dial 2-1-1 or go to www.ne211.org.

*Provided by LPS School Social Workers
BECAUSE FAMILIES MATTER*



Thinking About Counseling



Thinking about counseling for yourself or your child can raise many questions.

If you have never gone before, this brochure will help you understand what counseling is and how to get the most from it.

 Lincoln Public Schools
Department of Student Services

Rev. 7/2015



Why Go to Counseling?

We all have stressful times in our lives when it becomes difficult to cope. This stress can have an impact on our relationships as well as on how we perform at work or school. Counseling can help you work through those times.

In counseling (also called “therapy”) you and a counselor form a working partnership. A counselor can help you understand your situation, identify your options and problem solve solutions. Counseling can also help you learn to deal with difficult people in your life in a more productive manner. Counseling is less about blame and more about peacefully resolving conflict and promoting healthy relationships. In addition, counseling helps each person come to a better understanding of their thoughts, feelings and behaviors in order to change those that may contribute to a particular problem.

Counseling offers support and insight in a safe setting where you can focus on your concerns and feelings and learn new ways to deal with them. Counseling is for those with a serious desire to make things better!

Getting The Most From Counseling

Counseling can bring about many positive changes in your life. To get the most out of counseling it is important to:

- Be honest. Share your feelings and concerns
- Take an active role. Tell the counselor what you want to be different. The best goals are those you identify and are committed to achieving.
- Make counseling appointments a priority! Irregular attendance will slow your progress.
- Ask questions. Clarification helps both you and your counselor.
- Tell the counselor if you disagree or don't understand. Unless you clarify things they will get in the way of progress.
- Be willing to consider new ideas or behaviors.
- Stick with it! Most problems did not develop overnight. Nor do the solutions! Persistence, patience and commitment are crucial to success!
- Remember – counseling is a process; not a quick fix!

Questions And Answers

How bad do things have to be to go into counseling?

Counseling can be helpful any time, but the earlier you start the better chance you have to solve the problem in the shortest amount of time.

Where do I find a counselor?

Your school social worker, school counselor, school psychologist or family physician can help you find a counselor. Non-profit counseling agencies can be found in the blue pages of the phone book in the Human Services Directory. Private therapists and psychologists can be found in the yellow pages

under “Counselors” and “Psychologists.” If you have an Employee Assistance Program (EAP) through your work, they will provide short term counseling at no charge and help you find a therapist for longer term counseling if needed.

How do I choose a good counselor?

Personality is a factor in making the choice of a counselor. You need someone you will be comfortable working with. You also need someone who will work within your values and beliefs. It's helpful to make a phone call to any therapist you are considering. Briefly share your situation and ask about their experience with similar ones. By speaking directly with them you should get a sense whether you and that therapist would work well together. Don't be afraid to shop around for a therapist who will be a good fit for you or your child!

How is a psychiatrist different from a counselor/ therapist?

Psychiatrists are medical doctors who prescribe and monitor medication for mental health issues. They seldom provide counseling but often work closely with a counselor.

Who comes to the counseling sessions?

Counseling can be one-on-one or it can be done with a couple, a family, a child or a child and parent. **Parent involvement is very important when your child is involved in counseling.**

