

# Information for Parents - Adolescent



**Alexander J. Muzichuk, M.A., PLPC**

- ✓ Individual Counseling  
*Children • Adolescents • Adults*
- ✓ **Marriage and Family Counseling**

Adolescents (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. It is not unusual for an adolescent to be hesitant about coming to counseling or even to feel that it is not necessary.

Our approach to counseling adolescents is to use an eclectic technique involving traditional talk therapy, Cognitive/Behavioral approaches, Client Centered therapy, therapeutic games, art media, and other theory based techniques to help adolescents understand the therapy process and how to better express themselves and work through and solve their presenting problems or issues.

Counseling sessions with adolescents are confidential just like those with adults. We keep the specifics of what a client says and does in the sessions private to build trust in the relationship between the adolescent and the counselor. You may choose to schedule an appointment with your child's counselor at any time. Our standard procedure is to meet with the parents approximately every 5th session to consult on your child's progress. It is important to know that you may contact your child's therapist at any time by phone or email. For optimal success it is best when the therapist, parents, and any others involved with the child collaborate and work together as much as possible.

The best thing to tell your child about coming here is that he or she is coming to talk with a counselor and it is a time just for him or her say what they want and that their time with their counselor will be confidential. For adolescents, it is also helpful if you stress that you are willing to get involved in counseling to change things for the family. It is important that adolescents not feel that they are "the problem" or that coming to counseling is some type of punishment.

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.

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Client Name

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Parent/Guardian Signature

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Date