

Helping Families Understand Counseling

A Parent's Guide to the Counseling Process

School Counselor Resource Series

Why Counseling?

Every child experiences challenges as they grow. Sometimes those challenges can feel overwhelming, affecting relationships, emotions, school performance, or overall well-being. Counseling provides a safe, supportive environment where children and teens can develop healthy coping skills, process difficult experiences, build resilience, and learn practical tools for navigating life's challenges.

Seeking counseling isn't a sign that something is "wrong." It's a proactive step toward helping your child thrive.

What Happens in Counseling?

Counseling looks different for every child because every child has unique needs.

Sessions may include:

- Talking through thoughts and feelings
- Learning healthy coping skills
- Building confidence and resilience
- Problem-solving difficult situations
- Improving communication
- Managing anxiety or stress
- Strengthening relationships
- Processing grief, loss, or life changes
- Age-appropriate activities such as games, art, or play-based interventions with younger children

Freedom **Path** Counseling

1431 Riverside Pkwy, Suite A | Lawrenceville, GA | 30043 | 678-765-9291
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Common Reasons Families Seek Counseling

Children and teens may benefit from counseling when they're experiencing:

- Anxiety or excessive worry
- Depression or sadness
- Behavioral concerns
- Family changes such as divorce or remarriage
- Grief or loss
- Friendship difficulties
- School-related stress
- Bullying
- Trauma or difficult life experiences
- Low self-esteem
- Difficulty managing emotions

What Can Parents Do?

Parents play one of the most important roles in their child's growth.

You can support the counseling process by:

- Encouraging honest communication
- Listening without rushing to solve every problem
- Maintaining consistent routines
- Celebrating progress, even when it's small
- Working collaboratively with your child's counselor
- Practicing new coping skills together at home

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Frequently Asked Questions

Will my child be forced to talk?

No. Counselors work at each child's pace while building trust and creating a safe environment.

How long does counseling last?

The length of counseling depends on each child's needs and goals. Some concerns can be addressed in a relatively short period of time, while others benefit from ongoing support.

Will I be involved?

Yes. Parent involvement is often an important part of the counseling process. The level of involvement varies depending on the child's age, needs, and treatment goals while also respecting appropriate confidentiality.

Is counseling confidential?

Counselors protect client confidentiality while also keeping parents appropriately informed. There are legal and ethical exceptions when safety is a concern.

When Should I Consider Counseling?

If concerns are affecting your child's daily life, relationships, emotional well-being, or ability to succeed at home or school, it may be helpful to speak with a qualified mental health professional.

You don't have to wait until a problem becomes a crisis before seeking support.

A Final Encouragement

Every child deserves caring adults who believe in them. Counseling is simply one additional source of support that can help children and families navigate challenges, discover strengths, and build hope for the future.

Part of the Freedom Path Counseling School Counselor Resource Series

These resources are provided free of charge to support school counselors as they invest in the emotional well-being of students and families. Learn more and access additional downloadable tools at **freedompathcounseling.org/school-counselor-resource-center**

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