

## INDIVIDUAL COUNSELLING

SMCConsulting offers a non-judgemental approach to counselling youth and their families and provides clear boundaries. The strong belief is that the key to effectively working with youth is *consistency*. Sonia provides a solution based focus that is youth oriented in delivery. Each client will be viewed as unique and as an individual. In turn, each young person and family will benefit from individual programs and success at their own pace.

One to One counselling is available to youth who are struggling to deal with issues related to:

- Family issues
- Relationship difficulties
- Depression
- Segregation, isolation or withdrawn behaviours
- Motivation, procrastination
- Out of control behaviours
- Damaged self-esteem
- Extreme shyness
- Grief or sadness
- Anxiety and stress management
- Hyper activity
- Feelings of anger and rage
- Thoughts of suicide
- Sexuality, sexual identity issues

*Counselling* is a fee for service operation with reasonable rates which includes a comprehensive assessment, one to one sessions, referral, ongoing support and follow up if needed.

*Family integration and/or intervention* is also available to families who are experiencing difficulties with the family dynamic due to behaviours. This process is facilitated by the family, counsellor and the client as a team.

*Therapeutic Activities* for children and youth are often used to assist in the progress of the counselling process. These activities are always age appropriate, and facilitated with parental consent if needed.

*Life Skills Coaching* is an area that is available to youth who are seeking the appropriate skills to live independently or require support in developing positive life skills. Coaching is facilitated on an individual basis and requires a commitment of time and energy on behalf of the youth.

*Referral to community agencies* is key in developing a support network that is conducive to the counselling needs of each client. This process begins upon assessment of the client.

A *comprehensive needs assessment* is required before individual counselling sessions begin. This process includes a family history, situational background, presenting concerns and goal setting. A needs assessment will include family, youth and any additional service providers that may be appropriate.