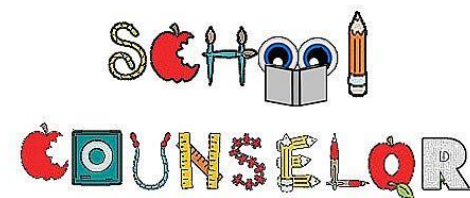


# *School and Marriage & Family Counselors: A Winning Combination*



*Presented to the LCA Conference  
September, 2015*

*By*

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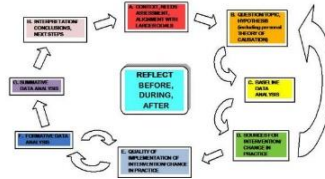
*Participants will be able:*

- *To discuss and identify the need for family/ systemic counseling in school settings;*
- *The barriers faced by school counselors and marriage and family therapists in providing family/ systemic counseling in school settings;*
- *Factors that facilitate the use of family/ systemic counseling in school settings; and*
- *The implications for school counselors and marriage and family therapists in order to provide family/ systemic counseling in school settings.*

The logo for the workshop is enclosed in a decorative, ornate blue border. The word "Workshop" is written in a large, bold, blue serif font at the top. Below it, there is a small icon of a school building with a flag on top. To the right of the icon, the word "Format" is written in a smaller, bold, blue serif font.

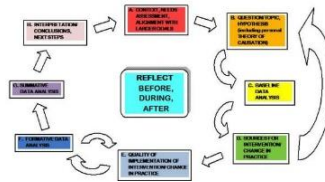
# Workshop Format

- *Presenters will briefly discuss:*
  - Definition of what systemic treatment is and how it looks in a school setting;
  - Prevalence and complexity of student needs especially the impact of Katrina;
  - Research that highlights the need for systemic treatment;
  - The position of ASCA and CACREP on the use of systemic treatment;
- *The presenters will engage the participants in discussing*
  - Barriers that prevent the full use of systemic treatment in a school setting;
  - The need for training,
  - Public vs. private settings; and
  - Time constraints.
- *Scenarios will be presented* applying implications, interventions and practical solutions toward providing more family/systemic-oriented counseling
- *Discussion as to why* marriage and family counseling and school counseling are a winning combination.



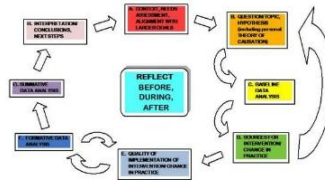
## *Prevalence and complexity of student needs*

- **NIMH:**
  - 13.1% of kids 8-15 are at risk for any disorder
- **CDC 2005-2011 studies**
  - Mental health disorders increase with age
  - Est. \$247 billion spent on treatment
  - 1 out of 5 (13-20%) kids will experience a mental health condition in a given year



## *Prevalence and complexity of student needs*

Teenage parenthood, poverty, oral hygiene, medical conditions, developmental disabilities, sexual abuse/trauma, acting out, incarceration, military families, LGBTQII issues, bullying, relational aggression, divorce, conflicting parental expectations, suicidal ideation, grief & loss, learning difficulties, lack of supervision, violence & safety, addiction....*Everyone in the home is influenced and influences the issue.*



## *Prevalence and complexity of student needs*

- **Child & Adolescent MH Initiative: Louisiana**
  - 25.2% exposed to hostile family event
  - 30 % infants are at risk for developing a mental health/developmental issue
  - 25.4% of kids have repeated a grade compared to 10.1% national average
  - 55.3% of kids receive needed mental health
- **Hurricane Katrina**
  - Increase in mental health related issues

*What is systemic treatment and how is it  
applied in  settings*

- Family members or others are included in counseling sessions (or at least in the conversations) to identify, address, clarify, and problem solve about the presenting issue or symptom.
- Client includes the *family*
- Explore family structure and functioning
- Brief
- Still focus on “school success”
- Privacy concerns



*that highlights the need for  
applications*



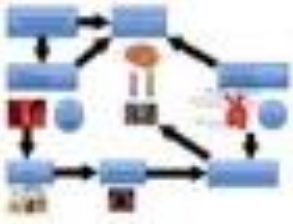
- Increased attention in literature supporting Family Systems
- Interfacing both the Family and School
- Systemic Change





*Position of ASCA and CACREP on the use of systemic treatment*

- ASCA Competencies  
(E.g. IV.B.3b) Support use of family systems theory in school counseling
- CACREP Standards for School Counseling  
(E.g. N.1) School counselors should possess knowledge and practices for working with families



## *Practice Dilemmas*



- *Not trained to any extent “I wouldn’t know what to do”*
- *Lack of parental involvement*
- *Lack of time availability for school counselors*
- *Confidentiality issues*

*Barriers that prevent the full use of systemic treatment in school settings*

Training



Public vs. Private settings and regulations



Time constraints



*Implications, interventions and practical*



- Understanding of Systemic Perspective
- Family systems concepts and techniques essential
- Adequate Training and/or supervision
- Reaching out to School Counselors
- Reaching out to Marriage & Family Counselors



# *Suggestions for systemic interventions and techniques*

*Why family counselors and school counselors are a winning combination*



