The counselor is not the strategy. The counselor teaches strategies.

As counselors, we spend our days helping children. They come to us with a variety of problems, searching for answers. They want us to listen, and need us to give them solutions for the issues they are facing.

While these solutions may work temporarily, we really never help children until we give them tools—or techniques—to manage thoughts and feelings on their own. Our job is not to do it for them. Our job is to teach them how to do it themselves! This is the greatest gift we can give.

In 15-Minute Counseling Techniques,
Allison Edwards provides tools to use in
individual or group counseling sessions
with children in grades K-12. Children
will learn how to calm their mind and
body with Square Breathing, let go of
negative thoughts by Changing the
Channel, identify their unique gifts by
creating a "What I'm Good At" Jar, and
so much more.

The techniques in this book will help children feel empowered to face everyday challenges and equipped to manage their stress and emotions.

And, best of all, you will give them the confidence they need to handle challenges throughout their lives.



ALLISON EDWARDS is a

Licensed Professional Counselor and Registered Play Therapist who specializes in working with children, adolescents, and their families. She received her undergraduate degree in Education from Northwest Missouri State and a graduate degree in Counseling from Vanderbilt University.

Before opening a private practice, Allison developed and maintained a play therapy program for at-risk and immigrant children in the public school system. In her current practice, she sees children of all ages, consults with parents, supervises counselors, and writes about childhood anxiety. She also serves as an Affiliate Professor at Vanderbilt University where she enjoys teaching future counselors how to work with kids.



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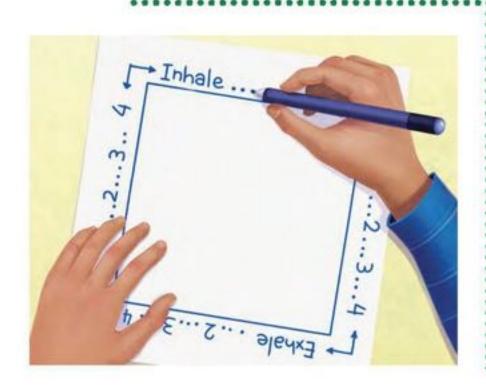


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TECHNIQUE ONE

SQUARE BREATHING





TECHNIQUE ONE

SQUARE BREATHING

MATERIALS NEEDED

5x8 blank index card

WHO CAN BENEFIT

Any child needing to calm the mind and body

WHY IT WORKS

This technique engages both the mind (by counting) and the body (by breathing). When you ask a child to breathe without counting, they will remain focused on the problem. This tool takes the focus off of the problem and allows both the mind and body to relax.

HOW TO IMPLEMENT:

On a 5x8 blank index card, draw a square (similar to this example), with Inhale . . . 2 . . . 3 . . . 4 on the top side, Hold . . . 2 . . . 3 . . . 4 on the right side, Exhale . . . 2 . . . 3 . . . 4 on the bottom side, and Rest . . . 2 . . . 3 . . . 4 on the left side.

