Parent/Teen Communication Group Session Summary

Communication

Goals: Improving family communication using Active Listening

and "I" statements. Learning more about feelings and

communication blockers.

Understanding Differences/Directionality

Goals: Directionality is a valuable tool in helping individuals and

families as they learn to communicate more effectively. Gain insight into your own personality/temperament while coming to better value the personality/temperament of

those around you.

Anger/Stress Management

Goals: Learning about The Anger Cycle, Underlying Feelings,

Point of View, Physical Anger Cues and Igniting Events. Finally some specific strategies for Anger and Stress

Reduction.

Parent Teen Discussions

Goals: Using the Inner/Outer Circle Activity, we will discuss what

is important to teens and what is important to parents and

how we can understand and appreciate each other.

Family Issues

Goals: A discussion about Social Media Issues for Parents and

Healthy Relationships for Teens.

Donna W. Ratliff, Ed.S., LPC, NCC, NCSC Rod Metcalf, Ed.S, LPC, NCC, NCSC

Information and Consent

Counselor Information:

Donna is a Licensed Professional Counselor in the state of Georgia. She is also certified by the National Board for Certified Counselors, a private national counselor certifying agency. Her counseling specialty is adolescents and their families. She has a Master's in Guidance and Counseling from Bowie State University and a Specialist degree in School Counseling from Georgia State University. She has worked with adolescents and their families for over 20 years both as a school counselor and in private practice.

Rod is a Licensed Professional Counselor in the state of Georgia. He is also certified by the National Board for Certified Counselors, a private national counselor certifying agency. His counseling degrees are from Georgia State University. He too, has over 20 years of experience in working with teens and their parents. Rod is currently employed as a school counselor and works with the Cherokee County Juvenile Court's Anger Management group.

Group Participation / Requirements / Expectations:

Group sessions are held weekly at the **Cherokee Focus Building**. Attendance at all **FIVE** sessions is expected. Group begins at **6:00 pm** and ends at **7:30 pm**. If a member must miss a group due to an unavoidable family emergency or illness please notify one of us through your court contact person as soon as possible. This is an educational support group for the purpose of improving family communication and navigating the difficult communication styles of today's parents and teens. This group is not meant to take the place of traditional therapy. We will be glad to make referrals for such therapy upon request.

Confidentiality:

Participants have an expectation of confidentiality from the group facilitators. Limits to confidentiality, however, are: confirmed or suspected abuse, threat to harm others, threat to harm self (or prolonged behaviors that may cause self-harm if continued), a judge orders the release of records in a court of law, or permission given by the participant. Because participants are referred by the Department of Juvenile Justice, communication with court officials is essential.

Contacting the Counselors: If you need to reach either of us please leave a message with your probation officer. Consent: I have read and understand the above terms. Parent Date Teen Date