

Chapter 1

Examples of SBFC Academic and Educational Programs

California State University, Los Angeles SBFC Master's Degree Program

This was the first master's degree program in SBFC in the USA. This Masters of Science in Counseling School-Based Family Counseling Program is accredited by the Council for Accreditation of Counseling and Related Educational Programs (CACREP).

http://www.calstatela.edu/academic/ccoe/programs/ms_mftpps

Central Connecticut State University Certificate Program in School-Based Marriage and Family Therapy

"For post-graduate students of master's or doctoral programs in Marriage and Family Therapy who wish to complete requirements for a Provisional Educator Certificate in Marriage and Family Therapy through the State of CT Department of Education."

<http://www.ccsu.edu/ceft/programs.html>

The Loyola University, Chicago Family-School Partnership Program

"The Family and School Partnership Program (FSPP) was launched in 1996 to provide postmaster's training and consultation to school social workers and other school mental health professionals. To date, the FSPP has trained over 800 SBMHP's [school-based mental health professionals] via our Annual Summer Institutes and bi-monthly Consultation Groups."

<https://www.luc.edu/socialwork/licensure-continuing-ed/consultation-groups/>

The Loyola University Advanced School Mental Health Practice Certificate

"This post-master's certificate program equips mental health professionals to better affect positive psychosocial development of their student clients. Primary takeaways from the program will include: fostering collaboration between schools and families, implementing strength-based interventions in schools, advocating for whole-school interventions, and becoming more data driven and evidence informed as School-Based Mental Health Practitioners (SBMHP)."

<https://www.luc.edu/socialwork/certificate/school-mental-health/>

Oxford Symposium in School-Based Family Counseling

Sponsored by the Institute for School-Based Family Counseling and co-sponsored by the University of San Francisco Center for Child and Family Development, the Oxford Symposium in SBFC is a small, invited, residential, international conference limited to around twenty-five members and their guests. The objective of the Oxford Symposium in SBFC is to make visible the "invisible college" of international experts in School-Based Family Counseling and to provide opportunity for information exchange, co-operation and collegial networking.

<http://www.schoolbasedfamilycounseling.com/>

Examples of SBFC Service Delivery Programs

Families and Schools Together, Inc. (FAST)

“FAST® is a prevention and early intervention program that helps children succeed by empowering parents, connecting families, improving the school climate and strengthening community engagement.” The FAST program has been in existence for 25 years and has strong evidence-based support in the form of randomized control group studies with diverse populations. Educators who wish to implement the FAST program in their schools are provided with grant-seeking assistance by the FAST program.

<https://www.familiesandschools.org/>

The Place2Be Program

Place2Be is a SBFC program in over 257 schools in the UK. “Place2Be is the leading national children's mental health charity. Our Patron is The Duchess of Cambridge. We provide in-school counselling support & expert training to improve the emotional wellbeing of pupils, families, teachers & school staff.” Funding comes from the schools, grants, and donations.

<https://www.place2be.org.uk/>

University of San Francisco Center for Child and Family Development SBFC Program

The Center for Child and Family Development has managed a SBFC service delivery program for 34 years. Marital and Family Therapy trainees and interns practice SBFC in 20-30 San Francisco-Bay area public and private schools. Funding is provided by the schools and foundation grants.

<https://www.usfca.edu/education/centers-institutes/child-family-development>

Brief Videos on SBFC

VIDEO: Krause, R. (2016, May 4). *School-based family counseling: An overview*. Retrieved from <https://www.youtube.com/watch?v=WhUeyyf1TAA&t=10s>

VIDEO: Krause, R. (2017, July 23). *School-based family counseling: Strengths*. Retrieved from <https://www.youtube.com/watch?v=vU5iMJVktVc>

Internet Resources on SBFC

Child and Adolescent Psychological and Educational Resources

“This site has been active since 2001 and, over time, has built up a large information base, accessed internationally by students, teachers, researchers and other professionals interested in research and practical resources relating to children, adolescents and families. Particular focus is given to issues relating to peer relationships, including bullying, as well as stress and wellbeing.”

<http://www.caper.com.au/>

Institute for School-Based Family Counseling

The Institute for School-Based Family Counseling exists to promote the development of School-Based Family Counseling as a discipline through multi-culturally sensitive programs that educate mental health professionals, educators, and the general public on the nature and value of School Based-Family Counseling. The Institute’s website contains SBFC resources for mental health professionals, teachers, and parents.

<http://www.instituteschoolbasedfamilycounseling.com/>

UCLA School Mental Health Project

“Stated simply, our mission is to improve outcomes for students by helping districts and their schools enhance how they address barriers to learning and teaching and re-engage disconnected students. One

way we do this is by providing information and links for leaders and practitioners to access a range of no-cost resources developed by us and others that can be used for: school improvement, professional development, direct student/learning support.”

<http://smhp.psych.ucla.edu/temphome.htm>

Schoolsocialwork.net

“School Social Work .Net is a free online resource and community dedicated to supporting the professional practice of school social workers and other school mental health professionals.”

<https://www.schoolsocialwork.net/>

Chapter 2

To view the Clinical Rating Scale for the Circumplex Model:

Olson, D.H. (1999). Empirical approaches to family assessment. *Journal of Family Therapy, Special Edition*.

<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.554.7050&rep=rep1&type=pdf>

Chapter 4

CBT Technique #2: Systematic Muscle Relaxation

Dartmouth College Student Wellness Center (n.d.). Progressive Muscle Relaxation audio retrieved 11/23/2017 from http://media.dartmouth.edu/~healthed/p_muscle_relax.mp3

This website contains a 30 minute SMR exercise. The website also includes multiple exercises on Deep Breathing, Guided Imagery, Mindfulness and Meditation, and Soothing music.

Progressive muscle relaxation (with background music), (n.d.) Audio. Retrieved 11/24/2017 from

<https://www.youtube.com/watch?v=86HUcX8ZtAk>

CBT Technique #3: Desensitization

VIDEO: Bjerkness, T. (2014, December 7). Systematic desensitization example. Retrieved from <https://www.youtube.com/watch?v=dAPlgkx0uWs>

This Youtube video illustrates the introduction of systematic desensitization in a counseling session.

VIDEO: Marich, J. (2017, March 28). EMDR therapy demonstration, Phases 1-8. Retrieved from <https://www.youtube.com/watch?v=L6UvKhLYf7w>

EMDR therapist Jamie Marich demonstrates the EMDR approach to desensitization.

VIDEO: Smethalls, J. (2012, December 5). Snake Phobia Behavioral (Exposure) Therapy. Retrieved from

<https://www.youtube.com/watch?v=zKTpecooiec>

This video illustrates an actual in vivo desensitization session with a client with a severe snake phobia. Although imagery is not used in the desensitization process, the principle of gradual exposure (whether in imagery or real life) is the same.

VIDEO: Young, S. (2015, January 24). Systematic desensitization role play. Retrieved from <https://www.youtube.com/watch?v=57xj7zvg8jc>

This counselling session role play demonstrates construction of an anxiety hierarchy for systematic desensitization.

CBT Technique #4: Cognitive Restructuring

VIDEO: Australian Association of Professional Counsellors (2013, September 5). *Role play: Cognitive-behavior therapy*. Retrieved from <https://www.youtube.com/watch?v=x7HJmVx3qN4>

This role play with a university student demonstrates use of the REBT ABC model and disputation.

VIDEO: Duncan, S. (2013, May 3). *Albert Ellis and Gloria - Counselling (1965) Full Session - Rational Emotive Therapy*. Retrieved from <https://www.youtube.com/watch?v=odnoF8V3g6g>

This is the full length interview by Albert Ellis with Gloria from the film Three Approaches to Psychotherapy (in which client Gloria was interviewed by Carl Rogers, Fritz Perls, and Albert Ellis). Ellis has a blunt style that turns some beginning practitioners off. However, the REBT approach can be used in a more gentle fashion as illustrated in the Australian Association of Professional Counsellors role play (see above).

CBT Technique #6: Behavior Rehearsal

VIDEO: Michael, D. (2007, February 17). *Assertiveness training demonstration*. Retrieved from <https://www.youtube.com/watch?v=qeKnDULTyQA>

In this brief demonstration Dr. Diane Michael coaches a "client" in how to make an assertive response.

VIDEO: Lauercm11 (2014, November 9). *Behavior rehearsal*. Retrieved from <https://www.youtube.com/watch?v=ITjL3Ts92nQ>

This student role play demonstrates behavioral rehearsal with a pregnant student. The "therapist" does a reverse role play in which she models an assertive response demonstrating how the "client" can tell her parents about the pregnancy.

Chapter 5

Center for Effective Collaboration and Practice

<http://cecp.air.org/fba/default.asp>

This website offers descriptions of functional behavioral assessments and offers tools and examples that support understanding of its applications.

Intervention Central

<http://www.interventioncentral.org/behavioral-intervention-modification>

This site offers many resources for behavior interventions and ready-to-use forms that can be helpful in developing plans.

The Iris Center

<http://iris.peabody.vanderbilt.edu/resources.html>

This site offers excellent resources and tutorial in many areas pertaining to students with disabilities including culturally relevant classroom management strategies.

NICHCY National Dissemination Center for Children with Disabilities

<http://nichcy.org/schoolage/behavior/athome>

This site is specifically intended as a resource for parents and provides many articles and resources regarding behavior for children with disabilities that can be applied to all children.

OSEP Technical Assistance Center on Positive Behavior Interventions and Supports

<http://www.pbis.org/>

This site has excellent resources for positive behavioral, school-wide interventions.

PENT Positive Environments, Network of Trainers

<http://www.pent.ca.gov/>

This site is offered by the California Department of Education and is filled with useful materials including PowerPoint presentations of various topics relating to behavior.

Chapter 6

VIDEO: Positive Discipline Class Meeting: Compliments & Appreciations, Problem Solving

<https://www.youtube.com/watch?v=eB7IshQgWT8>

This video demonstrates a classroom meeting with second graders. The opener is “Compliments and Appreciations” and the discussion centers around problem solving. Notice the norms posted on the wall, the talking piece used, and the various ways the facilitator gently corrects behavior through nonverbals.

VIDEO: Class Meeting: A Management Tool

<https://www.youtube.com/watch?v=-vCdCoV0JdQ>

Produced by the Center for the Collaborative Classroom, this video shows snippets from various classroom meetings and also includes interviews with teachers and administrators explaining classroom meetings. This particular video would be helpful to show to stakeholders at your school as it demonstrates the versatility of the classroom meeting.

VIDEO: The Classroom of Choice: Problem-Solving Class Meetings

<https://www.youtube.com/watch?v=vw9E2ib5dXA>

Produced by QEP Video Courses for Teachers, this is a 26-minute video that shows almost an entire classroom meeting with fifth graders from beginning to end. The meeting explores the topic of self-control and demonstrates many of the techniques shared in this chapter.

VIDEO: The Class Meeting: Building an Inclusive Community

<https://www.youtube.com/watch?v=wG0ph-6SuJl>

Produced by the Center for the Collaborative Classroom, this video shows a second grade classroom demonstrating partner sharing.

VIDEO: William Glasser: Don't Lose Your Child

<https://www.youtube.com/watch?v=HFHNZwq2D1w>

In this 18-minute video, Dr. William Glasser discusses Choice Theory and how the field of psychology affects the mental health of children.

WEBSITE: Positive Behavioral Intervention and Supports.

<https://www.pbis.org>

This website offers research and tools related to Positive Behavioral Intervention and Supports.

WEBSITE: Positive Discipline

www.positivediscipline.com

*This website contains various resources locating class meetings within the framework of positive discipline. Much of the information is based on the book *Positive Discipline in the Classroom* by Jane Nelsen and Lynn Lott (available for purchase on the website).*

ARTICLE: What Does a Positive Discipline Class Meeting Look Like?

<https://www.positivediscipline.com/articles/what-does-positive-discipline-class-meeting-look>

ARTICLE: Class Meetings

<https://www.positivediscipline.com/articles/class-meetings>

ARTICLE: How to Co-Create Change in an Ubuntu Circle

<https://www.leadershipandchangemagazine.com/how-to-co-create-change-in-an-ubuntu-circle/>

WEBSITE: Ways of Council

<http://waysofcouncil.net/what-is-council/>

This website describes the practice of council, based on indigenous talking circles. The site links to numerous other websites around the world of people who are using talking circles to build community. There are several organizations that train professionals to implement council in schools.

DOCUMENT: Creating Positive Environments Through Class Meetings

<http://www.pent.ca.gov/pos/cl/str/classmeetings.pdf>

This document, by Diana Wright, is an excellent summary of Jane Nelsen's work.

Chapter 7

DOCUMENT: Evidence-Based Parenting Programs by Stephen Small and Rebecca Mather, University of Wisconsin-Madison.

https://fyi.uwex.edu/whatworkswisconsin/files/2014/04/whatworks_08.pdf

This is an extremely thorough and well-researched directory of evidence-based parenting programs.

DOCUMENT: Parent Education to Strengthen Families and Reduce the Risk of Maltreatment from Child Welfare Information Gateway.

<https://www.childwelfare.gov/pubPDFs/parented.pdf>

An excellent directory of evidence-based and evidence-informed programs that also discusses the research related to parenting programs as well as considerations for implementation.

ARTICLE: A Review and Critique of 16 Major Parent Education Programs by Christina Collins and Robert Fetsch

<https://www.joe.org/joe/2012august/a8.php>

The authors use three review criteria--program readiness, strength of scientific base, and empirical evidence of program effectiveness--to rate parent education programs.

VIDEO: Engaging Families through Parent Education Workshops from the Boys and Girls Club of Canada

<https://www.youtube.com/watch?v=nllplz9g0QM>

This webinar is specific to the Boys and Girls Club. However, if you are considering implementation of parent education workshops at your school site, it will give you a good overview of all the logistical aspects you should consider in implementation.

VIDEO: Supporting Children's First Teachers: Promoting school readiness through parent education by the Oregon Social Learning Center

<https://www.youtube.com/watch?v=8mmVGzr6LOo>

This is another specific implementation webinar, however it features good information that connects parent education to student educational outcomes.

Chapter 8

"I" Messages and Positive Parenting Practices

Good Therapy.org (2018) "I" message. Retrieved on April 21, 2018 at:

<https://www.goodtherapy.org/blog/psychpedia/i-message>

Johnson, J. (2012). Are 'I' statements better than 'you' statements? *Psychology Today*. Retrieved on April 14, 2018 at:

<https://www.psychologytoday.com/us/blog/cui-bono/201211/are-i-statements-better-you-statements>

KidsHealth. (2015). 9 steps to more effective parenting. Retrieved on April 21, 2018 at:

<https://kidshealth.org/en/parents/nine-steps.html>

LifeMatters. (1996). STEP and positive discipline series. Retrieved on December 16, 2017 at:

www.lifematters.com/step.asp

Peaceful Parent Institute (n.d.) "I" statements—Expressing limits non-aggressively. Retrieved on April 14, 2018 at:

<https://www.peacefulparent.com/expressing-limits/assertively-yet-non-aggressively/>

The Center for Parenting Education (n.d.) Healthy communication: The skill of active listening.

Retrieved on April 14, 2018 at:

<https://centerforparenteducation.org/library-of-articles/healthy-communication/the-skill-of-listening>

Van der Linden, N. (n.d.) 8 psychologist-backed tips for improving communication with kids.

Retrieved on May 8, 2014 at:

<https://www.mother.ly/child/8-expert-tips-talk-effectively-kids>

Chapter 9

Social Skill/Character Building

US Department of Education- Character Education...Our Shared Responsibility
<https://www2.ed.gov/admins/lead/character/brochure.html>

The Role of Character Education in Public Schools (California Department of Education)
<https://www.cde.ca.gov/ls/yd/ce/charactered.asp>

Institute of Educational Science, What Works Clearinghouse
Character Education Interventions Evidence Review Protocol
<https://ies.ed.gov/ncee/wwc/Document/23>

Social Skills Training
https://ies.ed.gov/ncee/wwc/Docs/InterventionReports/wwc_socialskills_020513.pdf

Social and Emotional Development and Social Skills
Below is a list of information, tools and resources related to social and emotional development and social skills (UCLA Center for Mental Health in Schools & Student/Learning Supports)
http://www.smhp.psych.ucla.edu/qf/p2102_05.htm

Second Step Curriculum
Second Step is a program rooted in social-emotional learning (SEL) that helps transform schools into supportive, successful learning environments uniquely equipped to encourage children to thrive.
<http://www.secondstep.org>

Character Education
The site below provides an array of information, resources, and tools on character education and can assist with assisting in the development of a character education program at a school.
<http://character.org/key-topics/what-is-character-education/>

Cooperative Learning
Kagan cooperative learning structures are now used world-wide from kindergarten to adult education, in all academic subject areas to boost student engagement and learning.
https://www.kaganonline.com/about_us.php

Schools Cultivate the Character Development of their Students (Edutopia)
<https://www.edutopia.org/whats-next-2008-character-education>

Student Advisory Programs

Can school structures improve teacher-student relationships? The relationship between advisory programs, personalization and students' academic achievement
<https://epaa.asu.edu/ojs/article/viewFile/719/845>

Secondary School Advisors as mentors and secondary attachment figures
http://www.gadevangasyl.dk/uploads/1/3/8/0/1380407/l_evidens_ryzin.pdf

Characteristics of effective advisors and advisory programs

- Strong advisory programs address issues of community.

- Strong advisories promote open communication.
- Strong advisors know and care about their advisees.
- Strong advisors closely supervise their advisees' academic progress.
- Strong advisors are problem solvers and advice givers.
- Students and advisors perceive that advisory directly improves academic performance.
- Students and advisors perceive that advisory functions as a community of learners.

<https://www.amle.org/BrowsebyTopic/WhatsNew/WNDet/TabId/270/ArtMID/888/ArticleID/279/Culture-of-Connectedness-through-Advisory.aspx>

Making Connections with Advisory: Relationships are among the most important elements of student success

<https://www.amle.org/BrowsebyTopic/AdvisoryAdvocacy/AdvDet/TabId/179/ArtMID/694/ArticleID/297/Making-Connections-with-Advisory.aspx>

Creating and Sustaining an Effective Advisory Program

Example provided by Thomaston High School

https://www.cabe.org/uploaded/Convention/2016_Convention/HANDOUTS/G1_How_to_Create_and_Sustain_an_Effective_Advisory_Program_PowerPoint.pdf

Five Tips for Teaching Advisory Classes at Your School

https://greatergood.berkeley.edu/article/item/five_tips_for_teaching_advisory_classes_at_your_school

Advisory: Check in and Support- The Teaching Channel

<https://www.teachingchannel.org/video/benefits-of-advisory-eed>