



Gateway to Success Teachers' Newsletter

Therapy in the Schools

As adults, we are often able to vent with our family, friends and colleagues. At times, we may struggle and seek the help of a professional like a therapist. Adolescents, however, are still mastering the skill of learning what to do with their feelings. Some teens are adept at managing and controlling their feelings and behaviors while others struggle with the task. Therapy can be beneficial to teens because it can provide them a safe space to learn and work out their thoughts, feelings and behaviors.

As a teacher, you are an important person in an adolescent's life. You may see feelings and behaviors that are more or less pronounced in a school setting. That is why therapy and counseling in schools are so important. Here are some things you might look for if you are considering referring a student to therapy. Remember, counseling services for students are available on all Alhambra Unified campuses.

- The student is sad, angry, anxious and/or withdrawn which is persistent for most of the day for many days
- The student is engaged in risky behavior like drinking, smoking, sex and/or cutting
- The student is verbally and/or physically aggressive
- The student shows a loss of attention and/or concentration that may affect grades and school work
- The student has become socially isolated and retreats from friends



Gateway to Success

For more information contact the Director of Pupil Services (626) 943-3410

July 2010