

THE COUNSELING CORNER



GREETINGS CHRIST THE KING FAMILIES!

My name is Alli Swift, and it is with great excitement that I am able to join the Christ the King team as a part-time counselor. Each month I will be sending home a newsletter (The Counseling Corner) which will usually be concerning a certain topic I am seeing a lot of in the classrooms (anxiety, self-esteem, relational dynamics, etc.), or just a general check-in around students mental health and how we can support them as a community. I really believe in parent, teacher, administration and counselor collaboration, so I want to do my best to help inform and open conversations around student mental health. For my first correspondence, I thought I would just take a moment to introduce myself, explain what my role will be in the school, and open up a line of communication for any questions or concerns.

A little bit about me: I was born and raised in NE Portland, and recently received my Masters in Professional Mental Health Counseling from Lewis & Clark College. I come to Christ the King after a year of interning in the counseling department at La Salle High School. I spent most of my time there working one on one with students dealing with conflict, anxiety, depression, friend/relationship dynamics, as well as helping

co-teach the Psychology class. I've had the privilege to be competent and caring counselors of La Salle, and look forward to bringing that insight and compassion to Christ the King.

For this first year, my role at Christ the King will likely take many forms. I will be spending some time coming into the classrooms and doing full class lessons on a variety of social/emotional topics. I will also be available for individual and group work, depending on the needs of the students. Additionally I hope to help support the staff in areas of high tension or crisis. My primary goal is always to foster a safe and inviting environment for students, and create a relationship where they can feel comfortable sharing whatever struggles they may be facing.

I believe parent relationships and involvement are crucial in a child's mental health, and my door is always open for questions or concerns. I hope to have a chance to connect with all of you at some point, and make sure you feel comfortable with the work I will be doing in the school. I also have a private practice where I see clients (primarily adolescents) on evenings and weekends, and invite you to use me as a resource there as well, as I will only be at Christ the King on Mondays and Tuesdays.

If you, for any reason, do not feel comfortable with your child being involved in counseling lessons or visiting with me one on one, please let me know! I hope this letter clarifies a bit about who I am and what I will be doing, but please reach out if you'd like to learn more. I am really looking forward to becoming a support and safe space for these students!

COUNSELING CONVERSATION: IDENTITY

The beginning of the year is a great time to set goals and intention for the upcoming year. Try having a conversation with your child about *who* they want to be this upcoming year. What do they want to do differently from last year? What is this grades *identity* going to look like?

WARMLY,

ALLI SWIFT

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