

## 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.



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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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# CONTENTS

|  |       |
|--|-------|
| How To Use This Manual .....             | 5     |
| TECHNIQUE ONE:                           |       |
| Square Breathing .....                   | 7     |
| TECHNIQUE TWO:                           |       |
| Change the Channel .....                 | 13    |
| TECHNIQUE THREE:                         |       |
| All Tangled Up.....                      | 19    |
| TECHNIQUE FOUR:                          |       |
| Worry Jar .....                          | 23    |
| TECHNIQUE FIVE:                          |       |
| Brain Plate .....                        | 27    |
| TECHNIQUE SIX:                           |       |
| My Top 5 .....                           | 31    |
| TECHNIQUE SEVEN:                         |       |
| Sick of Eggs.....                        | 35    |
| TECHNIQUE EIGHT:                         |       |
| Give Your Feeling a Name .....           | 39    |
| TECHNIQUE NINE:                          |       |
| Grief Leaf .....                         | 43    |
| TECHNIQUE TEN:                           |       |
| "I Did It!" List .....                   | 47    |
| TECHNIQUE ELEVEN:                        |       |
| Structure the Unstructured.....          | 51    |
| TECHNIQUE TWELVE:                        |       |
| Feelings Tracker.....                    | 55    |
| TECHNIQUE THIRTEEN:                      |       |
| Breaking It Down .....                   | 59    |
| TECHNIQUE FOURTEEN:                      |       |
| "What I'm Good At" Jar .....             | 66    |
| TECHNIQUE FIFTEEN:                       |       |
| Bag of Bad Feelings.....                 | 69    |
| Conclusion .....                         | 73    |
| Other Books and Speaker Information..... | 74-78 |

## TECHNIQUE ONE

# SQUARE BREATHING





## TECHNIQUE ONE

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# 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:

1. 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.

