



COUNSELING WHERE IT'S NEEDED MOST

## NON-MEDICAL COUNSELING

**Our counselors** focus on methods to improve relationships at home, work, and school through individual, marital/couples, or group counseling, and skill building activities.

- ✓ Deployment And Reintegration
- ✓ Anger Management Or Emotional Regulation
- ✓ Child & Youth
- ✓ Grief & Loss
- ✓ Marriage And Couples Issues
- ✓ Parenting
- ✓ Conflict Resolution
- ✓ Communication
- ✓ Financial
- ✓ Stress Management
- ✓ Relationships
- ✓ Life Transitions



### Non-Medical Counseling

Our non-medical counseling services provides outreach, counseling, psychoeducation, and support for Service Members and their families.



#### Deployment Adjustment



This can be a stressful time for military members and their families. We work with individuals and families to enhance their coping skills both pre and post deployment. We support the Yellow Ribbon Reintegration Program with counselors to provide brief counseling around family or career stress. Often counselors will be present and meet aircraft upon arrival as units return from deployment as one of the first resources available to them and their families as they reunite.

#### COUNSELING EXPERIENCE



DoD Military and Family Life Counseling Program (MFLC)



**Located** in military facilities, schools, day-care centers, camps, armories, and community locations

**In-Person, short-term**, "just-in-time" counseling sessions for Active duty and Reserve service members and families.

**Independently licensed** mental health providers





## Relationships



Utilizing the Arammu Proactive Relationship, counselors work with military couples to identify individual and relationship strengths and challenges. Based on the results of the checklist, counselors conduct a couples counseling session to discuss the goals/outcomes and build relationship competency skills. Youth Centers with counselors with specific expertise in early childhood development. Our school-based counselors are embedded in academic environments to provide non-medical counseling with parent/guardian permission. Our counselors provide consultation to teachers and staff, along with direct counseling services to military connected children and students. Counselors assist with developing coping skills, family and peer relationships, academic stress, managing the life changes associated with deployment, reintegration and frequent geographic relocations, and behavior management.



## Specialized Services For Early Childhood and School Age Children



We provide specialized support for military connected children at all ages throughout their social and emotional development. Magellan supports Child Development Centers and Youth Centers with counselors with specific expertise in early childhood development. Our school-based counselors are embedded in academic environments to provide non-medical counseling with parent/guardian permission. Our counselors provide consultation to teachers and staff, along with direct counseling services to military connected children and students. Counselors assist with developing coping skills, family and peer relationships, academic stress, managing the life changes associated with deployment, reintegration and frequent geographic relocations, and behavior management.



## Communication



**Social Skills:** Counselors help build awareness of how an individual interacts with others. Areas of improvement are identified, and skills are practiced such as active listening, using assertive language, and conflict resolution.



## Emotional Regulation and Management



Counselors work with individuals or groups to develop ways to identify intense emotions, how to become aware of the feeling in the body, engage in soothing behaviors to alleviate the strong feelings, identify a positive solution and self-talk, and create awareness of positive changes as a result.



## Stress Management



Counselors help service members build stress management coping skills. Stress management strategies may include deep breathing exercises, mindfulness, physical and emotional health fitness, and improving personal responses to adversity by building resiliency skills.



## Life Transitions



Counselors offer consultations for life transitions that are both common and unique to military populations such as deployments, separation from the military, divorce, blended families, grief and loss, and relocations. Consultation services include providing general guidance on change and adjustment, making referrals to transition resources and support programs, and providing psychoeducation on transition topics to build personal knowledge and awareness.

Interested in  
working with us?



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