

In the field of counseling there are many different ways to view human behavior and the process of change; these varying perspectives are known as *theoretical orientations*. A theoretical orientation drives everything the counselor sees, thinks, says, and does within the counseling relationship. I would describe myself, in terms of theoretical orientation, as a *Developmentalist*. This orientation is similar to what some might call “Eclectic” (diverse, varied, wide-ranging), but with increased, and specific, focus on human lifespan development. In order to create and implement a comprehensive school counseling program that is appropriate for every student at Bellview, I will assess their cognitive (intellect, memory, reasoning), psychological, and social development. I will do this by asking students, parents, and teachers to complete various questionnaires and/or surveys throughout the school year. The information gleaned in these questionnaires/surveys will help me identify the most appropriate strategies and techniques to use while working with students in whole class lessons, small groups, and individual counseling. In my work with students, I use techniques, strategies, and interventions gleaned from art therapy, play therapy, solution-focused brief therapy, child centered therapy, and cognitive behavior therapy.