

Informing: A Coloring Book for Cognitively School Age (6-12 years old) Individuals Beginning Counseling

Importance of Informing Children

Abstract

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Results

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□ **Abstract**

Informed consent plays a key role in counseling. Adults with cognitive understandings of what is asked of them sign it so they know the guidelines to follow when the sessions begin. When it comes to individual with a cognitive level between 6-12 years old, the parent or guardians are the ones to consent them to be in counseling. I refer to individual with a cognitive level between 6-12 years old because an adult by age can consent but the guidelines are by mentality. This means that aged adults over 21 who have a cognitive level between 6-12 years old have the ability to use this resource, this book is not only for children. Individual with a cognitive level between 6-12 years old begin a session with an unknown adult and the individual is expected to open up to them without knowing what is expected of them. A coloring book that the counselor can read and color with their client will begin the session in a form that is understood by the individual. This will create the opportunity of the client and counselor pairing along with setting standards for the sessions to come.

□ **Introduction**

Informed consents have to be one of the most important paperwork in counseling. They set the standards to the client of what is expected of them. Adults sign these informed consents after reading them to abide by them. Individuals with a cognitive level between 6-12 years old, on the other hand, enter into the counseling session with the consenting adult signing their informed consent. Individuals with a cognitive level between 6-12 years old do not have a form for themselves to explain to them why they are there, what the rules are, and what is expected of them. Informed consent are pages of information that is important, but it can be too much for an individual with a cognitive level between 6-12 years old to read, understand, and captivate. I am trying to solve this issue by creating a coloring book informing the individual with a cognitive level between 6-12 years old why they are there, the rules, and what is expected of them.

After being in my ethics class, I noticed that all informed consents were written for consenting adults. It makes sense that they are written for consenting adults since they are the ones that sign them, but it led me to wonder why individuals with a cognitive level between 6-12 years old did not have a part in this. I am trying to solve this problem in a creative format that will keep them engaged.

I created a coloring book with this purpose. This coloring book has the major components of an informed consent but written at a cognitive level that those with a span between the ages of 6-12 can understand. The coloring book is not an informed consent for individuals with a cognitive level between 6-12 years old since legally they cannot consent to counseling. This coloring book is to make the client aware of what is expected of them, why they are there, and the rules within the session. Individuals with a cognitive level between 6-12 years old have the ability to understand, the opportunity to build rapport with the counselor and do an activity with them the first session.

The goal of this coloring book is to connect the counselor and client together. Individuals with a cognitive level between 6-12 years old should not be expected to completely open up and share with counselors their deepest feelings if the counselor does not take the time to explain the basics to them. The goal is to allow the client and the counselor to bond over coloring. Individuals with a cognitive level between 6-12 years old have a form to be involved in the session and the counselor has the opportunity to keep the client concentrated on a task that helps them deliver the basics of counseling before the sessions start.

To get to this conclusion there were different methods that came into play when creating the coloring books. Methods such as discovering the importance of individuals with a cognitive level between 6-12 years old involvement in the counseling session, the power of play therapy, and how coloring is beneficial to individuals.

Theory or methods

The technique I will be using is the technique of coloring and play therapy within the session.

Results

I have no illustrative examples on this information because there is no research done on how a coloring book in counseling is beneficial to the individual with a cognitive level between 6-12 years old. I still have to find results on how an individual with a cognitive level between 6-12 years old benefits from getting an informed “consent” of their own before the sessions begin instead of letting the consenting adult be the only one informed.

Conclusions

The main findings during this research was that individual with a cognitive level between 6-12 years old benefits from play therapy in counseling, especially when there is an activity for them to interact with the counselor.

Further plans

This coloring book can be continued with a guide for the counselor to help them interact with the client while they color together. The long-term goal of this project is to see it in counseling offices around the world where minors are being counseled. I would like to see children have a greater involvement in the counseling session. They have the ability to understand what is going on and what is expected of them. The informed consent is for the parent to sign, but children should have their own form to sign to make them feel like they are part of the counseling session. I would like to see this coloring book be used by counselors to be able to create a rapport and pair with their client.

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