



MILITARY & FAMILY LIFE COUNSELING

FOR WHEREVER YOU ARE IN LIFE.

Military and Family Life Counselor Program Brief

Presented by
Military and Family Life Counselors



Agenda



- Military and Family Life Counseling Program Overview
- MFL Counselor Qualifications and Services
- MFL Counselor for Adults
- MFL Counselor for Children
- Confidentiality
- Conclusion



Objectives

- Understand the services the MFLC program provides
- Name MFLC credentials
- Identify the settings MFLCs perform their work
- Define the MFLC scope of practice
- Discuss MFLC services for adults and children
- Recognize confidentiality and limitations



Program Overview

Non-medical, short-term counseling

Available worldwide

Address common life stressors

Walk around, non-traditional settings

Ready to meet service members' needs



**MILITARY & FAMILY
LIFE COUNSELING**

Who MFLCs Serve

Service members – all branches

- Active duty
- National Guard
- Reserves
- Coast Guard when activated by the Navy

Families

Survivors

Expeditionary civilian workforce and family



MFLCs Are:

Doctorate and master's
level providers

Board certified
Licensed clinical providers

Licensed clinical psychologists
Licensed marriage and family therapists
Licensed professional counselors
Licensed clinical social workers



MFLC Location and Settings

Located at:

- Installation family centers
- On-demand events
- Surge – support of significant events
- Child/youth programs
- Schools
- Summer camps

Practice Methods:

- Face-to-face non-medical counseling
 - Individual
 - Groups
- Workshops
- Presentations



MFLCs Assist With Life Stressors Via Non-medical Counseling

Marital and relationship issues

Communication

Stress and anger management

Parent/child relationships

Grief/loss

Deployment/reintegration



Situations Outside of MFLC Scope:

Active suicidal or
homicidal
thoughts

Crisis situations

Post-traumatic
stress disorder and
traumatic brain
injury

Substance abuse
and addiction

Domestic abuse
and child abuse

Fitness-for-duty
evaluations

Depression and
long-term
counseling



Confidential



MFLC Program and Children/Youth



Transitions and Your Child



Child and Youth MFLCs



The child and youth MFLCs are the subject matter experts on developmental milestone and emotional needs of the military child.



Child and Youth MFLCs Help



- Self-esteem
- Bullying
- Behavioral problems
- Deployment and reintegration
- Relationships, including divorce
- Grief and loss
- Problem solving



Meeting Children's Needs



- Coloring books and journaling
- Providing safe spaces
- Age-appropriate psychoeducation
- Classroom observations
- One-on-one non-medical counseling
- Group non-medical counseling



Parent Consent and Confidentiality Statement



Verify Signed
Parent Consent

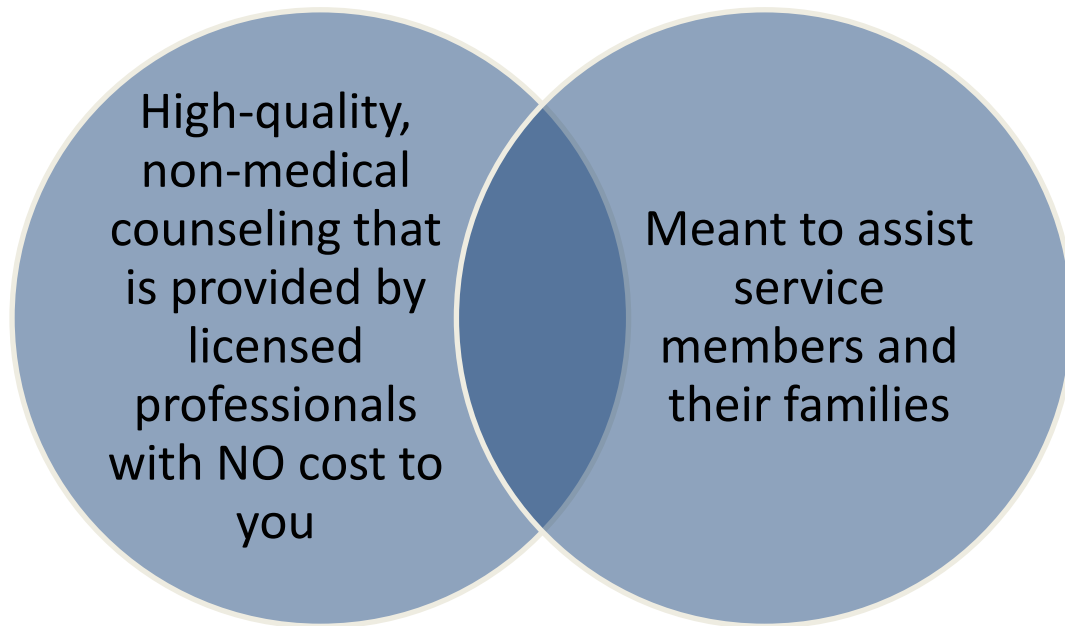


Limits of
Confidentiality
Statement



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The Good News:



MFLC's in the Cadet Area

- OUR LOCATION: 6TH Floor Fairchild in BehSci Dept.
- OUR HOURS: Monday – Friday 0730 – 1600
- Who We ARE:
 - **Karen House: (719) 246-6802**
 - **John Emmons: (719) 757-8088**
 - **Ken Calhoun: (719) 360-4896**



MFLC'S serving the 10th Air Wing

- OUR LOCATION: Military Family Readiness Center
- OUR HOURS: Monday – Friday, 0800 – 1600
- WHO WE ARE:
 - **Jasmina Moore: (719) 895-0170**
 - **Lacy Utterback: (719) 360-2870**



Thank You!

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