

## COUNSELING: SCHOOL-BASED VS PRIVATE PRACTICE

Here is some useful information on the difference between School-Based Counseling and Private Practice Counseling.

## SCHOOL-BASED COUNSELING



Short-term counseling



Focused on helping students make reasonable educational progress



Targets skill gaps or deficits (no diagnosis needed)



Available during the academic school year and provided in the school building



Free. No cost.



## SHARED FEATURES

Based on identified needs and/or goals

Addresses social, emotional, and behavioral needs

Services can be provided individually, small group, and/or consultatively

Master's-level or Doctorate-level practitioners

## PRIVATE PRACTICE COUNSELING

Short- or long-term counseling



Focused on specific needs and or goals



Related to a clinical diagnosis



Available year-round and provided in-person or remotely



At cost. Fee-For-Service (FFS)

