

NCC's personal counselor is available to assist students through transitional times in their personal lives. Some of the topics that fall under personal counseling would include parent-child or student-teacher difficulties, problematic relationships or friendships, anger management, anxiety, substance issues, sexual concerns, mild depression, and unhealthy lifestyles.

The counselor does not conduct any type of therapy with the students or their families. If a situation arises where a student needs to see a counselor often regarding a significant personal matter, the counselor will typically refer the student to an outside mental health professional. (The counselor keeps a list of various mental health professionals who specialize in working with adolescents, including those who have previously worked with NCC students/ families.)

Confidentiality

The NCC counselors abide by the American Counseling Association's guidelines on the rights of privacy. As stated in Section B1a of the Ethical Code of practice, "Counselors respect their client's right to privacy and avoid illegal and unwarranted disclosures of confidential information." There are legal exceptions to this code of ethics that include situations in which a student tells the counselor that he is 1) putting himself in grave danger (i.e. suicidal ideation), 2) planning to do grave harm to another person, or 3) is or has been physically, sexually, mentally, or emotionally abused.

In other words, if a student discusses an issue with a counselor and the student indicates that he or she wishes the conversation to be kept confidential (only shared between the student and counselor), the counselor will guarantee the student confidentiality, except for the three reasons listed above.