

Parent Understanding



We are very pleased to be able to treat your child. Overall, therapy for children is very effective. For children going through a divorce or separation, research has shown a safe and neutral setting to discuss feelings helps with a child's adjustment.

In order for the therapy to succeed, it is important for you to understand how treatment works and to agree to the following terms and conditions. Please read this information carefully and ask me any questions about it before your child starts treatment.

1. Treatment will focus on your child, his/her mental health diagnosis, and any adjustments to changing family conditions. Since the focus will be on your child, I will not be providing mediation, marital counseling, adult treatment, or custody/parenting evaluations. I can provide you with a referral for these services.
2. I will involve both parents in treatment. Parent involvement is essential. It is important that I have an opportunity to talk with both parents in order to understand any concerns that may arise about your child.
3. Your job in treatment is to focus on your child's needs. Please protect your child from conflict related to separation/divorce or custody issues. It is important that you and your child's other parent do not argue in front of your child or involve your child in adult conflicts. Please do not bring up complaints about the other parent during your child's session. Whenever possible, support your child's relationship with the other parent.
4. My job is to remain neutral: I will not take sides in any dispute between you and the other parent. Please respect my neutrality.
5. I do not make recommendations for custody. I will not provide an evaluation of any kind to the court. I will not be a party to any legal proceedings against either parent. If you are involved in legal proceedings, please notify me as soon as possible. It is important for me to understand how your involvement in these proceedings might affect our work together. My goal is to support your child to achieve therapy goals, not to address legal issues that require an adversarial approach. Parents requesting treatment for their child are agreeing to not involve me in legal/court proceedings and will not attempt to obtain records of treatment for legal/court proceedings. This prevents misuse of your child's treatment for legal objectives.
6. Both parents acknowledge the harm caused by requesting their child's treatment records. The relationship built between therapist and your child is one of trust and credibility. I ask that you respect the therapeutic relationship I have built with your child by not requesting records or using records in anyway that would hinder the therapeutic relationship.
7. I will provide each parent updates on progress in treatment as requested. In addition, I will work with you on what you can do to improve your child's outcomes in treatment. I will not provide feedback on what the other parent is to do to improve outcomes.

8. I will not keep secrets. I keep records about your child's treatment. My treatment records will also include child-focused information supplied by each parent. Please recognize that any information you disclose to me may be included in your child's treatment record. This treatment record may be accessible to authorized parties.

9. I will report safety concerns. Although your child's treatment is a confidential and privileged relationship, if I become concerned that your child's safety is in jeopardy I will make a report to the authorities.

Parent statement: I have read this information and have had an opportunity to ask questions. I AM AGREEING THAT I HAVE READ, UNDERSTAND AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT.

Parent Signature _____ Date _____

Child(ren) name(s) _____
