
Positive Change Counseling Center

Phone: 619.733.6414

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Child and Adolescent Therapy Contract

Prior to the beginning of treatment it is essential that you understand our approach to child therapy and that we agree to some rules regarding your child's confidentiality during the course of his/her treatment. The information herein is in addition to the information contained in the general therapeutic consent and agreement. As you go forward, your child's therapist will try to remind you of these important issues as they arise.

One risk regarding child therapy involves disagreement among parents and/or between parents and therapist regarding the best interest of the child. If such disagreements occur, the therapist will strive to listen carefully so that he or she can fully understand your perspectives and fully explain their own perspective. We can resolve such disagreements or we can agree to disagree, so long as this enables your child's therapeutic progress. Ultimately, you will decide whether therapy will continue. If either parent decides that therapy should end, your therapist will honor that decision, however, we ask that you allow your child's therapist the option of having a few closing sessions to appropriately end the treatment.

Therapy is most effective when a trusting relationship exists between the therapist and the client. Privacy is especially important in securing and maintaining that trust. One goal of treatment is to promote a stronger and better relationship between children and their parents. However, it is often necessary for children to develop a "zone of privacy" whereby they feel free to discuss personal matters with greater freedom. This is particularly true for adolescents who are naturally developing a greater sense of independence and autonomy. By signing this agreement, you will be waiving your right of access to your child's treatment records.

It is our policy to provide you with general information about treatment status. Your child's therapist will raise issues that may impact your child either inside or outside the home. If it is necessary to refer your child to another mental health professional with more specialized skills, the therapist will share that information with you. Your child's therapist will not share with you information your child has disclosed to him or her without your child's consent. Your child's therapist will tell you if your child does not attend sessions. The therapist can also provide you with a treatment summary as therapy progresses. This will describe what issues were discussed, what progress was made and what areas are likely to require intervention in the future.

If your child is an adolescent, it is possible that he/she will reveal sensitive information regarding sexual contact, alcohol and drug use, or other potentially problematic behaviors. Sometimes these behaviors are within the range of normal adolescent experimentation, but at other times they may require parental intervention. We must carefully and directly discuss your feelings and opinions regarding acceptable behavior. If your child's therapist ever believes that your child is at serious risk of harming him/herself or another, you will be informed.

Although the therapist's responsibility to your child may require involvement in conflicts between the two of you (parents), we need your agreement that the therapist's involvement will be strictly limited to that of which will benefit your child. This means, among other things, that you will treat anything said in session with the therapist as confidential. Neither parent will attempt to gain advantage in any legal proceeding between the two parents from the therapist's involvement with your child/ren. In particular, we need your agreement that in any such proceedings, neither of you will ask the therapist to testify in court, whether in person, or by affidavit. You also agree to instruct your attorneys not to subpoena the therapist or to refer in any court filing to anything said or done during treatment.

Note that such agreement may not prevent a judge from requiring the therapist's testimony, even though he or she will work to prevent such an event. If the therapist is required to testify, he/she is ethically bound not to give their opinion about either parent's custody or visitation suitability. If the court appoints a custody evaluator, guardian ad litem, or parenting coordinator, the therapist will provide information as needed (if appropriate releases are signed or a court order is provided), but will not make any recommendation about the final decision. Furthermore, if the therapist is required to appear as a witness, the party responsible for their participation agrees to reimburse Positive Change Counseling Center at the rate of \$135.00 per hour for the time spent traveling, preparing reports, testifying, being in attendance, and other case-related costs.

Note also that your therapist may be able and willing to attend IEP and other school related meetings/observations as needed to assist with appropriate treatment planning and treatment. Please note that such meetings are not covered under your insurance and will be billed \$135.00 per hour for the time spent traveling, preparing and being in attendance.

After reading and understanding the information above, please acknowledge your consent to begin services by initialing and signing the following agreement:

I have read, understand, and agree to the policies and procedures described above. _____ (initial) _____ (initial)

Child's Printed Name D.O.B.

Parent/Guardian Printed Name D.O.B. Signature Date

Parent/Guardian Printed Name D.O.B. Signature Date

*** both parents must sign consent agreement if parents of minor are divorced and/or separated.**