## Center for Psychological Health and Wellness, LLC

122 West Lancaster Ave, Suite 206 Shillington, PA 19607 484.509.0499 Child Therapy Contract

Psychotherapy can be a very important resource for children especially in case of parental separation and divorce. Establishing a therapeutic alliance outside of the home can:

- Facilitate open and appropriate expression of the strong feelings which routinely accompany family transitions, including guilt, grief, sadness and anger.
- Provide an emotionally neutral setting in which children can explore these feelings.
- Help children understand and accept the new family composition and the plans for contact with each member of the family.
- Offer feedback and recommendations to a child's caregivers based on knowledge of the child's specific emotional needs and developmental capacities.

However, the usefulness of such therapy is extremely limited when the therapy itself becomes simply another matter of dispute between parents. With this in mind, and in order to best help your child, Center for Psychological Health and Wellness, LLC (CPHW) strongly recommend that each of the child's caregivers (e.g., parents, stepparents, daycare workers, guardian ad litem mutually accept the following as requisites for the child's participation in therapy.

- As your child's psychologist/therapist, it is our primary responsibility to respond to your child's emotional needs. This includes, but is not limited to, contact with your child and each of his or her caregivers, and gathering information relevant to understanding your child's welfare and circumstances as perceived by important others (e.g., pediatrician, teachers, other psychologists, social workers, etc.). In some cases, this may include a recommendation that you consult with a physician, should matters of your child's physical health be relevant to this therapy.
- CPHW staff members ask that all caregivers remain in frequent communication regarding this child's welfare and emotional wellbeing. Open communication about his or her emotional state and behavior is critical. In this regard, we invite each of you to initiate frequent and open exchange with your child's CPWH psychologist/therapist.
- We ask that all parties recognize and, as necessary, reaffirm to the child, that we are the child's helper and not allied with any disputing party.
- We strongly recommend that all caregivers involved choose to participate in psycho-educational groups in which separating and divorced parents learn basic strategies for conducting a divorce in the best interests of the child.
- If you decide to terminate treatment, we have the option of having a few closing sessions with your child to properly end the treatment relationship.
- You are waiving your right to access to your child's treatment records.
- We will inform you if your child does not attend the treatment sessions.
- At the end of treatment, if requested by parent(s), we will provide a summary that includes a general description of goals, progress made, and potential areas that may require intervention in the future.
- You agree that CPWH staff's role is limited to providing treatment and that you will not involve CPHW in any legal dispute, especially a dispute concerning custody or custody arrangements (visitation, etc.).
- You also agree to instruct your attorneys not to subpoen sstaff of CPHW or to refer in any court filing to anything CPHW staff have said or done.
- If there is a court appointed evaluator, and if appropriate releases are signed and a court order is provided, CPHW staff will provide general information about the child which will not include recommendations concerning custody or custody arrangements.
- If, for any reason, CPHW staff are required to appear as a witness, the party responsible for this participation agrees to reimburse CPHW at the rate of \$400 per hour for time spent traveling, preparing reports, testifying, being in attendance, and any other case-related costs.
- Please be advised regarding the limits of confidentiality as it applies to psychotherapy with a child in these circumstances:

- CPHW keeps records of all contacts relevant to your child's well-being. These records are subject to court subpoena and may, under some circumstances, be solicited by parties to your divorce, including your attorneys.
- Any matter brought to CPHW staff attention by either parent regarding the child may be revealed to the other parent. Matters which are brought to CPHW attention that are irrelevant to the child's welfare may be kept in confidence. However, these matters may best be brought to the attention of others, such as attorneys, personal psychologists/therapists or counselors.
- CPHW is legally obligated to bring any concern regarding the child's health and safety to the attention of relevant authorities. When possible, should this necessity arise, CPHW staff will advise all parties regarding my concerns.
- This psychotherapy will not yield recommendations about custody. In general, CPHW staff recommend that parties who are disputing custody strongly consider participation in alternative forms of negotiation and conflict resolution, including mediation and custody evaluation, rather than try to settle a custody dispute in court.

Payment for CPHW services are due, in full, at the time of service in a manner agreed to by all parties involved. Any outstanding balance accrued must be paid promptly and in full.

Your understanding of these points and agreement in advance of starting this therapy may resolve difficulties that would otherwise arise and will help make this therapy successful. Your signature, below, signifies that you have read and accept these points.

PARENT'S SIGNATURE	Date	
Printed parent name		
PARENT'S SIGNATURE	Date	
Printed parent name	_	
Child's name	Date of birth	Age
Psychologist/Therapist	Date	

This is a strictly confidential patient medical record. Re-disclosure or transfer is expressly prohibited by law.