

Annie BROGGER | *mft*

Consent for the Treatment of a Minor

The involvement of children and adolescents in therapy can be highly beneficial to their overall development. The support of all the child's caregivers is essential. Because my role is that of the child's helper, I will not become involved in legal disputes or other official proceedings unless compelled to do so by a court of law. Matters involving custody and mediation are best handled by another professional who is specially trained in those areas rather than by the child's therapist.

Therapy is most effective when a trusting relationship exists between the therapist and client. Privacy is especially important in securing and maintaining that trust. When children are seen with adults, what is discussed is known to those present and should be kept confidential except by mutual agreement. Children seen in individual sessions (except under certain conditions) are not legally entitled to confidentiality; their parents have this right. However, unless children feel they have some privacy in speaking with a therapist, the benefits of therapy are potentially lost. The content of your child's sessions must be confidential in order to enable your child to confide in his/her therapist, and for therapy to be effective. This is especially true for adolescents. Unless your child is at serious risk of harming him or herself or another, I will not share with you what your child has disclosed to me without your child's consent.

Confidentiality and privilege are limited in cases involving child abuse, neglect, molestation, or danger to self or others. In these cases, I am legally required to make an official report to the appropriate agency and will attempt to involve parents as much as possible. If I believe your child is at serious risk of harming him/herself or another, I will inform you immediately.

I, _____, _____
(Name/Signature) (Relationship to Child)

I, _____, _____
(Name/Signature) (Relationship to Child)

Consent to the treatment of _____
(Child's Name)

I agree that my child should have privacy in his/her/their therapy sessions. At the same time, except under unusual circumstances, I understand that I have a legal right to obtain this information. To increase the effectiveness of the therapy, I agree to do my best to ensure that therapy sessions are attended. If my child prefers not to volunteer information about the sessions, I will respect his/her/their right not to disclose details. Basically, unless my child has abused or is a clear danger to self or others, the therapist will normally tell me only the following:

- whether sessions are attended
- whether or not my child is/children are generally participating
- whether or not progress is generally being made

The normal procedure for discussing issues that are in my child's therapy will be joint sessions including my child, the therapist, and me and perhaps other appropriate adults. If I believe there are significant health or safety issues that I need to know about, I will contact the therapist and attempt to arrange a session. A parent session will be arranged periodically as deemed necessary for the progress of your child's treatment. Your child's therapist may be contacted by phone, but all phone calls will be limited to ten minutes. If you need longer than this, please call to schedule a parent session.