



Beech Tree

Consulting &
Psychological Services

Agreement for Parents

Psychotherapy can be a very important resource for children of 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, I strongly recommend that each of the child's caregivers (e.g., parents, stepparents, daycare workers, guardian ad litem [GAL], etc.) mutually accept the following as requisites for the child's participation in therapy.

1. As your child's psychotherapist, it is my 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.
2. I ask that all caregivers remain in frequent communication regarding this child's welfare and emotional well-being. Open communication about his or her emotional state and behavior is critical. In this regard, I invite each of you to initiate frequent and open exchange with me as your child's therapist.
3. I ask that all parties recognize and, as necessary, reaffirm to the child, that I am the child's helper and not allied with any disputing party.
4. I strongly recommend that all caregivers involved choose to participate in psychoeducational groups in which separating and divorced parents learn basic strategies for conducting a divorce in the best interests of the child. I can refer you to such programs

6249 South East Street, Suite I
Indianapolis, Indiana 46227

317 780 5750 phone
317 780 5755 fax

beechtreepsych.com



5. Please be advised regarding the limits of confidentiality as it applies to psychotherapy with a child in these circumstances:
 - I keep 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 my attention by either parent regarding the child may be revealed to the other parent. Matters which are brought to my 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 therapists or counselors.
 - **I am 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, I will advise all parties regarding my concerns.**
6. This psychotherapy will not yield recommendations about custody. In general, I 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.
7. Please be advised that psychologists associated with Beech Tree Consulting and Psychological Services do not provide divorce adjustment services. If through the course of evaluation it is determined that divorce adjustment services are in your child's best interests, I will inform you of my recommendation and will terminate my work with your child. I will provide you with a list of well qualified mental health professionals with whom you can work with in providing your child with the services needed.
8. Payment for my services is due, in full, at the time of service in a manner agreed to by all parties involved. Any outstanding balance accrued (for example, in conference with attorneys, the GAL, or teachers), must be paid promptly and in full. Please be advised that the afore mentioned services are typically considered "non-covered" services by insurance companies. As such, you will be required to pay for these services out of pocket. An initial deposit will be required prior to engaging in services which are "non-covered" to be held against charges incurred and subject to reimbursement at the conclusion of this therapy, as appropriate.



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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.

↗ Caregiver's signature

Date

↗ Printed name

↗ Caregiver's signature

Date

↗ Printed name

↗ Child's name

Date of birth

Age

↗ Licensed Clinical Psychologist/Therapist

Date

*This is a strictly confidential patient medical record.
Redisclosure or transfer is expressly prohibited by law.*