

Centers for Family Change Policy for the Treatment of Children and Adolescents

This document details the Centers for Family Change's policies for the provision of services for children and adolescents. Please remember that it is important that you read this document carefully because by signing the Centers for Family Change Consent to Receive Therapy Services form you are agreeing to adhere to the policies and procedures outlined in this agreement.

Parental Involvement in their child's therapy:

- The involvement of both parents in the therapy process is strongly recommended, even when parents are divorced, separated or never married.
- It is our policy that both parents must consent to treatment.
- In the case of divorced, separated or never married parents living apart we do require the written consent of both parents to provide therapy to a child or adolescent.
- It is our belief that *for therapy to be successful, the cooperation of both parents is critical*. However, we are sensitive to the fact that some divorced/separated/never married parents may not want to attend sessions together. Thus, while recommending the involvement of both parents we are flexible in how we work with parents/families, sometimes meeting separately with each parent.

Notification of and Consent to a child's therapy:

- Your therapist will require both parents to consent to treatment.
- For divorced, separated or never married parents living separately, both parents can sign a Consent to Receive therapy services (separate forms may be required given the limitations of electronic signing).
- If one only of the child's parents is consenting to the child receiving therapy this parent must sign the **Notification of Understanding of Parental Consent to Treatment** which stipulates that the child's other parent unreachable or has had no contact with the child for at least several years.
- If one parent withdraws consent for treatment the Centers for Family Change will stop treatment (contingent upon holding one final wrap up session with the child).
- By consenting to treatment both parents understand and agree that the Centers for Family Change therapist will choose (with the agreement of those participating in therapy) the treatment approach that the therapist believes will be most helpful for the child(ren). This may include family therapy (which may include step-parents or other adults living with children) and may also include occasional collateral contacts with parents without the child(ren) present in the session.