



Therapy Services Agreement for Child/Adolescent

Client Information	
Child/Adolescent's Name:	Date of Birth (yyyy-mon-dd):
Full Address:	
Parent/Guardian Name(s):	Relationship:
Parent/Guardian(s) Phone Number:	Is it okay to leave a message?
Parent/Guardian(s) E-mail:	Is it okay to communicate through e-mail? (please note, confidentiality cannot be guaranteed via e-mail)
Confidentiality	
<p>All communication regarding treatment and all records relating to the provision of therapy services are confidential and will not be disclosed without written consent. Confidentiality cannot be guaranteed over e-mail communication. The law does however; place limits on confidentiality related to specific disclosures. These include:</p> <ol style="list-style-type: none"> 1. Risk of imminent danger to self or others 2. Abuse of child or a vulnerable adult 3. Court orders <p>Working with a child includes the difficult task of protecting the child's right to privacy while at the same time respecting the parent/guardian's desire for information. Therapy is most effective when a trusting relationship exists between the therapist and child and privacy is important to maintain that relationship. While I provide individual therapy at times, the parent/guardian may be invited to participate and so I ask that you remain nearby during a session. Having said that, it is of the utmost importance that the child feels they are able to share openly, without fear of being overheard, and so an environment where they can speak in confidence is vital. To ensure your child's privacy, I will not provide detailed information without your child's permission but will instead share general themes, ideas and recommendations unless the child provides permission for more specific information to be shared.</p>	
Informed Consent	
<p>Examples of problems your child may be experiencing that may benefit from accessing services at Willow Therapy include abuse, addiction, anxiety, depression, grief, obsessive-compulsive disorder, panic attacks, performance anxiety, phobias, poor self-image, posttraumatic stress disorder and trauma. Interventions that may be used include Accelerated Resolution Therapy, the creative and expressive arts (creative writing, dancing, drama, music, visual art) along with aspects of Cognitive Behaviour Therapy, Dialectical Behaviour Therapy and Solution-Focused Therapy. The length and frequency of sessions, as well as the duration or treatment, varies between clients and will be scheduled based on clinical needs, your time along with financial considerations. Both you and your child may revoke consent and terminate services at any time however; it is recommended that there is a closing session to ensure your child has an appropriate closure of the experience.</p>	

Parent/Guardian Involvement

It is essential that you are also a participant in your child's therapy. Depending on the needs of your child, you may be invited to participate in the following ways:

1. **The Assessment Process.** You will be asked to complete some questionnaires and may even be asked to create simple art interventions as part of the assessment.
2. **Helping with Homework.** Following a session, your child may be given homework that you will be invited to provide support with. You may also be invited in for part of the session so that your child may teach you about what he/she is learning. You are asked to help your child practice these new skills at home.
3. **Addressing You Own Trauma.** Your child, you and I are all part of her/his healing team. If you have had your own trauma you may notice it is triggered in this process. That is normal, especially if your trauma is untreated. If this is the case for you, it is important you receive your own therapeutic interventions so that you are grounded and can be a resource for your child.
4. **Witnessing Your Child's Art.** At times, you will be invited to witness your child's art. This includes:
 - listening without interruption
 - being aware of questions that can indicate judgement and have the potential to lead to your child shutting down such as "why did you...?"
 - being curious without being intrusive such as "tell me more about this", "how can I help you now with...", "I wonder what might happen if"
5. **Witnessing Your Child's Suffering,** You likely have been a witness to some very difficult things your child has experienced and during the therapy process you likely will see some of their suffering in the art your child creates. It is important not to discuss your concerns or worries in front of your child and for us to discuss that prior to the session.
6. **Response Art.** You may be invited to create response art. This means that you will respond to your child in the same way language they are using, art. By responding with art it allows for thinking to slow down and a more mindful response to be provided. This can help your child to feel heard.

Risks and Benefits

As therapy often involves discussing difficult emotions and events your child may experience uncomfortable feeling like anger, frustration, guilt, hopelessness and sadness. Working through strong emotions can at times lead to an increase in challenging behaviours while the child is learning to identify these emotions and integrate the new skills they are learning.

Therapy can lead to better relationships, finding solutions to specific problems and reductions in distressing emotions and challenging behaviours. Research has shown therapy is beneficial for individuals who engage in it but there is no guarantee as to how a child will respond.

Consent to Release Information

All communication regarding treatment and records related to the provision of therapy services is confidential. If you would like me to communicate with anyone about your child's care, I will ask you to provide written consent before speaking to or communicating with anyone.

Fees

Therapy sessions are 60 minutes in length unless otherwise agreed upon. One exception to this is an initial Accelerated Resolution Therapy (ART) session which is 90 minutes in length if this is both your first session and first time doing ART. Fees are \$150 per session, \$200 for a 90 minute session, and payment is required at the end of each session via cash, cheque, credit card or e-transfer. A fee of \$25 will be applied to any N.S.F. cheques.

This service is not covered by Alberta Health Care however; might be covered by your personal health plan. Check with your plan provider to see if this service is covered (some plans provide coverage for counselling, nursing, nursing services) and will classify therapy under these categories. Receipts will be provided

following payment which can be submitted to your insurance company if this service is covered. Reimbursement from any insurance company cannot be guaranteed as this is dependent on the company and your plan.

Cancellation Policy

24 hours notice is required if you need to cancel or change an appointment and 48 hours notice is appreciated. If you do not provide 24 hours notice to cancel or change an appointment you will be charged the full fee for the session. Please note, most insurance companies do not provide coverage for missed appointments or late cancellations.

Consent to Treatment

I have read the therapy services agreement, understand the content, risks and benefits, agree to the terms of payment and consent that my child, who is under the age of 18, may be treated as a client at Willow Therapy.

Please note, if you are currently separated or divorced from the minor's other parent, the other parent must be notified and give consent for treatment.

Parent/Guardian's Name:

Relationship:

Parent/Guardian's Signature:

Date (yyyy-mon-dd):