

Naomi Heller, MSW, LICSW

COUNSELING PROCEDURES FORM-CHILD

TREATMENT PROCESS

The initial session is called the intake. This session is an information gathering session. At the end of this session, you will have a discussion with your therapist about whether or not the Twin Cities Play Therapy will be a good fit and meet the needs of your family/child. It is also at the end of this first session that you and your therapist may have a discussion about the scheduling of appointments. A typical session consists of checking in with the parent/guardian as well as working with the child. Sessions usually last around 45 minutes long. If you are more than 10 minutes late for your appointment and have not called your therapist, your therapist has the right to cancel your appointment. If you need to cancel or reschedule your appointment, please call your therapist within 12 hours of the start of the appointment or a \$50 cancellation fee may be charged.

THERAPY WITH YOUR CHILD

Your therapist is trained in a variety of therapeutic techniques. Play Therapy is one approach often taken with our younger clients. Play Therapy is a type of therapy that allows the client to express thoughts and feelings through play and other experiential activities. Non-directive Play Therapy is a type of therapy that allows the child to direct his or her own play. Directive Play Therapy is a type of therapy in which the therapist will give the child directives and/or guide the child during the play session. Filial Therapy, or Parent-Child Interaction Therapy, is a type of Play Therapy that includes one or more caregivers in the play session with the child.

With adolescent clients or other child clients that would not like to utilize the playroom, each therapist is trained to use more traditional “talk therapy” approaches as well. These sessions may still include the use of art, games, and other experiential activities.

FAMILY/PARENTAL INVOLVEMENT

At any time throughout your child’s treatment, family/parental involvement may be beneficial and/or necessary. This may include but is not limited to: checking in before or after sessions, collaborating with the therapist to develop treatment goals, being involved with the child during the session and meeting with myself at a different time than your child. These sessions support the therapy and bring it home, outside the therapy office as you are with your child the most often!

CONTACT INFORMATION

You may leave a voicemail for me at (612) 414-5523. . In the case of an emergency, however, it is important that you call 911 or your local county crisis number. My voicemail is not checked on the week end.

Dakota County- 952-891-7171

Ramsey County-651-266-7900

3440 FEDERAL DRIVE · SUITE 150 · EAGAN, MN 55122
OFFICE (651) 452-2305 · FAX (651) 452-2796
WWW.TWINCITIESPLAYTHERAPYCENTER.COM

Hennepin County- 612-348-2233

Carver County-952-442-7601

Scott County-952-442-7601

Crisis Connection 612-379-6363

LEGAL CUSTODY

In the situation where all legal guardians are not present at the child's intake, it is important that the therapist receive necessary contact information for all legal guardians. It is equally important that the legal guardian present at intake notify the other legal guardian about the child's involvement in therapy. This is **NOT THE RESPONSIBILITY** of the clinician. If a divorce or separation has occurred, please provide your child's therapist with any necessary court documentation/divorce decrees.

CONFIDENTIALITY

Your therapist will work to maintain a protected environment for your child in therapy. This may mean that your therapist will not be able to provide opinions on matters of custody due to a conflict of interest that may occur. It is your therapist's job to look out for your child's best interests and it should be known that if the therapist and/or client records are ever subpoenaed, there may be sensitive and private information that gets shared to others. This is just one reason why it is important to avoid involving your therapist in any court matter. You should also be aware that there are fees associated with court involvement and these fees are charged directly to the client.

Information that is shared in therapy is considered privileged and confidential. The following are limits to confidentiality:

- 1) suspected abuse or neglect of a child, elderly person or a disabled person,
- 2) when your therapist believes you are in danger of harming yourself or another person or you are unable to care for yourself,
- 3) if you report that you intend to physically injure someone the law requires your therapist to inform that person as well as the legal authorities,
- 4) if your therapist is ordered by a court to release information as part of a legal involvement in company litigation, etc.
- 5) when your insurance company is involved, e.g. in filing a claim, insurance audits, case review or appeals, etc.,
- 6) in natural disasters whereby protected records may become exposed or
- 7) required by law when otherwise

By signing below, I am acknowledging that I have read or discussed the above policies with my child's/family's therapist and have had a chance to ask any questions and share any concerns that I may have.

Parent/Guardian Name

Date

Parent/Guardian Signature