

I hope that the following information helps you to orient to the family work. The fee per session is agreed according to what you can afford on the sliding scale.

Parent and Child Intake Forms: These must be filled in before the first session unless your circumstances are urgent.

First Session: It's highly recommended that both parents come to all of the in-office/online sessions. If one parent can't make it due to work commitments I ask that they come to the first in-office session and then participate in all of the debrief calls (see below) so that they can stay informed.

Debrief Phone/Video Calls After Each Session: These are very important and happen within 2 days of each in-office session with your child. The in-office session is child centered and the debrief calls are for adults only, so please ensure you have childcare. In the debrief we will discuss what you got out of the session and how things are going at home since the previous session. Parenting and attachment support are included in these calls. Debriefs are usually an hour.

Individual or Co-Parenting Sessions: At times it may be helpful for one parent, or both parents together, to have a session/s without their child present. Getting support for issues that are getting in the way of how you want to parent, and strengthening connections in the family are good outcomes of this work.

Other Adults in Sessions: Occasionally other family members may need to be present at an in-office session such as a childcare/nanny, grandparent, etc. Please discuss this with me beforehand as I may need to speak to them before they come to a session, and they will need to fill in the Adult Intake Form.

Videoing Sessions: Family sessions are videoed for training and supervision purposes, which helps us to further the development of this work. There may be a trainee/assistant on the video camera during sessions who is under my supervision; she will be there as a silent observer and to take care of the camera. If I wished to use a clip from one of your

sessions for teaching purposes you would be contacted specifically for permission to use that clip. No material would ever be used without your specific permission and a signed release form. Videotapes, like session notes, are kept confidential. We appreciate your contribution to the development of this unique family work.

Layers of Support: I may have an assistant as another layer of support for the family.

Commitment: This work is most effective when families commit to the process until both the parenting issues, and the child's needs for support, are resolved.

- Parents must be committed to using **non-violent** methods of discipline (no spanking, hitting, shaking or other physical discipline or punishment). Please discuss this with me if it is an issue, you are unable to agree, or you have questions.
- I have fully read and understand the Family Support sessions guidelines. Any questions that I/we had have been clarified.
- I agree to give 24 hours' notice to cancel or reschedule an appointment, and to pay the full fee for the session if the notice period is under 24 hours.

Child's name (1st & last):

Mother's Name

Mother's signature

Date

If a parent has sole legal custody, only that parent needs to sign.

Dad's/Co-Parent's Name

Dad's/Co-Parent's signature

Date