



## PARENT REQUIREMENTS FOR COUNSELING MINORS

An integral part of therapy for any adolescent is family involvement. Both parents/guardians are required to participate in a family session at least once every 2 months to the extent that is feasible in order to reinforce skills learned in session and to keep them apprised of progress and areas of concern.

Learning new skills is challenging at any age, so families should be prepared to commit to therapy and bring their teen once per week until they are demonstrating the ability to implement healthy skills and behaviors on their own.

Clients under the age of 18 years of age who are not emancipated, and their parents, should be aware that the law may allow parents to examine their child's treatment records. However, one of the major purposes of therapy is to create a safe place for your teen to discuss any topic in a healthy manner. Many teens will not open up and reveal information if they are aware that the information will be disclosed.

Arcadian Counseling requests your child's privacy be honored during the course of therapy unless he or she discloses harmful situations, at which time you will immediately be notified and involved in treatment to discuss how to keep your child safe.

### PRIVACY

Experience has shown that revealing therapy notes or the content of conversations can harm the trust relationship between a therapist and teen. No matter how carefully this is explained, the teen may invariably feel betrayed and may no longer choose to be in therapy with the individual who released the information. Sometimes this breach of trust may have an impact on other relationships as well, such as the relationship between the parent(s) and the teen. This is why we ask you to respect your child's privacy during the course of counseling.

I've read and understand Arcadian Counseling's requirements for counseling services for minors.

*To be signed by Client and Guardian(s)*

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Client Signature

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Date

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Parent/Guardian Signature

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Date

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Parent/Guardian Signature

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Date