Parental Therapy Preferences

Your name and child’s name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How often do you anticipate your child will attend counseling?

How many sessions or for how long would you expect therapy to continue before your goals are sufficiently met?

What type of involvement would you like? This can range from:

I want to stay out of the sessions.

Stay out of the sessions with some relevant updates.

Partial presence and participation in sessions.

Full presence and participation in sessions.

Full presence and participation in sessions, and coaching about how I can be involved in facilitating progress on goals and home.

I would like my counselor to coordinate with teachers or other members of my child’s team.

Generally the younger the age of your child or more limited in cognitive and social/emotional maturity, the greater is the need for more frequent reminders, coaching, and use of behavioral strategies such as offering rewards in order to produce the fastest progress.

Some parents want more involvement with their child’s therapy, but lack the time and energy to realistically manage this. Some parents are exhausted and just really need a break for themselves. Others have the time and energy to give, and are eager to know everything they can be doing at home to get things going better and save time and money on attending sessions.

Wherever you are, this is what is right and true for you now. Please feel free to communicate with me about the type of involvement you want as well as your obstacles or objections to anything I may suggest. My job is to understand and support you and your child, not to judge and condemn. There are usually many workable pathways to success.

Any additional notes about your interests, preferences, or questions about your involvement with your child’s counseling?