

# Child Therapy Confidentiality and Treatment Agreement

---

## Child Therapy Confidentiality and Treatment Agreement

Before beginning treatment, it is essential for you to understand our approach to child therapy and agree to certain guidelines regarding confidentiality during the treatment process. The information provided here is in addition to the Treatment Consent form.

### Confidentiality and Trust in Therapy

Therapy is most effective when there is a trusting relationship between the therapist and the child. Privacy plays a key role in building and maintaining that trust. Children need to establish a "zone of privacy" with their therapist, enabling them to discuss personal matters freely. As such, we will provide general information about your child's treatment, but we will not disclose specific details of what your child shares with us without their consent. However, if there is suspicion of abuse or if your child is at risk of harm to themselves or others, we will notify you. This "zone of privacy" also applies to the information contained in treatment records. By signing this agreement, you acknowledge waiving the right to access your child's treatment records. Upon request, we are happy to provide a written treatment summary.

### Adolescence and Sensitive Information

During adolescence, children often explore their independence and autonomy. If your child is an adolescent, they may reveal sensitive information during therapy, such as sexual activity, alcohol or drug use, or other potentially concerning behaviors. For effective treatment, it is necessary to maintain confidentiality about these matters unless they pose an imminent risk of harm, such as driving under the influence. Additionally, if your child misses sessions or requires referral to another mental health professional, we will inform you.

### Disagreements and Communication

Disagreements can arise among or between parents and the therapist regarding the child's best interests. In such instances, we will listen to all perspectives and clearly explain our professional stance. The goal is to resolve any disagreements in a way that supports your child's therapeutic progress. If either parent decides to terminate therapy, we request the opportunity to hold closing sessions with the child to end the therapeutic relationship appropriately.

### Role in Legal Matters

If conflicts arise between parents, it is important to understand that our role is solely focused on providing psychotherapy for the child's benefit. You agree to treat all information shared during therapy sessions as confidential and will not use it to gain an advantage in legal proceedings. We will not be involved in any legal disputes, including those related to custody or visitation. Specifically, you agree not to subpoena us or use anything discussed in therapy in any court filings.

If a court appoints an evaluator, mediator, or guardian ad litem, we will provide information as required, but only with the proper releases or court orders. We are ethically bound not to offer opinions regarding either parent's suitability for custody or visitation. Should our involvement in a legal dispute become necessary, the requesting party agrees to compensate us at the rate of \$200 per hour for time spent testifying, attending hearings, or addressing case-related matters. Additional fees may apply for report preparation, phone consultations, and travel time.

### Parental Consent for Treatment

When one parent or legal guardian seeks therapy for their child, they must have consent from the other parent or legal guardian unless the other parent is deceased, unavailable, legally incompetent, or not reasonably accessible. By signing this agreement, you acknowledge that the parent or guardian bringing the child for services has notified the other parent or guardian and obtained consent for the child's participation in therapy.

We appreciate your understanding and cooperation. If you have any questions about the terms outlined in this agreement, please discuss them with us before signing the document below. Your signature indicates a legally binding agreement to the terms and conditions outlined in this document.

Thank you for your trust and commitment to your child's well-being.