



Journey Forward Counselling

Therapeutic Family Counselling

Therapeutic Family Counselling may be voluntary or court ordered. The limits of confidentiality differ depending on the nature of the referral and are outlined below.

Purpose of Therapeutic Family Counselling

The parents agree the objective of therapeutic family counselling is not to determine IF it is in the child(ren)'s best interests to have contact with one of the parents. Rather, the parents agree it is in the child(ren)'s best interests to have meaningful relationships with *both* parents. The therapeutic family therapy is intended to help the child(ren) have healthy and meaningful relationships with both parents.

Therapeutic Family Counselling is a clinical, child-centred process designed to support and strengthen parent–child relationships following separation or divorce. The purpose of counselling is not to determine fault, assess parenting capacity, or resolve legal disputes, but to support the child's emotional well-being and promote healthier family functioning.

Counselling may be initiated voluntarily by parents or ordered by the Court of King's Bench for Saskatchewan. Regardless of how the service begins, all participants are expected to engage in the process in good faith and recognize that meaningful change requires active parental involvement.

Role of the Therapist

The therapist provides therapeutic family counselling and guided communication aimed at improving emotional safety, strengthening relationships, repairing trust, and supporting the child's developmental needs.

The therapist is not acting as a parenting plan assessor, parenting coordinator, arbitrator, or litigation consultant. These services do not constitute a parenting assessment, forensic evaluation, or specialized Family Reunification Therapy. Any guidance or recommendations are limited to matters within the therapist's professional scope and are intended solely to support the therapeutic process and the child's well-being.

The Counselling Process

The counselling process may involve parents, children, or the family in various combinations, as determined by the therapist. Sessions may include individual meetings with parents, individual

meetings with children, joint parent–child sessions, or family sessions. The therapist may also recommend the involvement of additional professionals where clinically appropriate.

The therapist does not make decisions regarding parenting time or legal decision-making authority. However, therapeutic input may be provided regarding communication, transitions, pacing of contact, and other matters that support the child’s emotional safety and progress.

Confidentiality and Its Limits

Where counselling is voluntary and not court-ordered, information shared in sessions is treated as confidential in accordance with professional and legal obligations, except where disclosure is required by law (e.g., child protection or risk of harm). Within the therapeutic process, the therapist may use clinical discretion to share relevant information among family members when doing so is considered appropriate and supportive of therapeutic goals.

Where counselling is court-ordered or connected to a court process, confidentiality is limited. In such cases, information may be shared with the other parent, legal counsel, or the Court as authorized by court order or agreement. The therapist may also be required to provide reports or updates regarding participation, cooperation, progress, or barriers to the counselling process.

Expectations of Parents

Parents are expected to:

- Participate in the counselling process in good faith
- Ensure children attend scheduled sessions as directed
- Support therapeutic goals and recommendations
- Refrain from questioning children about session content
- Shield children from parental conflict and adult concerns

Where counselling is court-ordered, the Court may consider each parent’s level of cooperation and engagement when making decisions related to the child’s best interests.

Fees at a Glance

- **Hourly rate:** \$175 per hour
- **Initial retainer:** 20 hours (\$3,500), due prior to the commencement of intake sessions
- **Minimum ongoing retainer balance:** 5 hours (\$875)
- **Payment method:** E-transfer to melanie@journeyforwardcounselling.ca

Fees are shared by the parents in accordance with their agreed-upon or court-ordered cost-sharing arrangements. Professional consultation and clinical supervision may be sought as part of ethical and quality-assured practice and, where applicable, may be billed at the supervisor’s rate, which may differ from the therapist’s hourly rate.

Services proceed on an ongoing basis provided the minimum retainer balance is maintained. Parents will be advised in advance when a retainer top-up is required.

Full details regarding fees, billing practices, retainers, cancellation policies, and any court-related costs (if applicable) are outlined in the **Therapeutic Family Counselling Agreement**, which must be reviewed and signed prior to the commencement of services.

Contact Information

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