

Family Team Procedure for Single Parent and Blended Families (Family Team Members Involved in Determining Most Effective Treatment)

1. Intake interview with the parents (no children present)

Parent modules and other assessments scheduled at end of this session

If there is a divorce decree in place, this needs to be brought to the intake interview so the counseling center can be ethically accountable in carrying out how the decree is set up for providing psychological services. Each biological parent involved in the child's life will be considered for doing an intake individually with a counselor. The decree will be followed to determine who will be interviewed as it is a legal document.

Parent modules specifically focused on single parenting and blended families are a part of our treatment process. We have found that parents who have joined us to go through the parent information sessions usually benefit from treatment for their child in the most effective manner. For blended families, there are specific stages the family goes through in developing healthy family connections. The goal is to provide the most efficient and effective interaction for all in the family.

2. Assessment sessions can include the following:

Video-taped session of each parent separately with child

NMT – Neurodevelopmental assessment completed by therapist and parents

Family sessions doing experiential activities guided by therapist

3. Feedback session to the parents – decision made for treatment plan

Treatment sessions scheduled at end of this session

4. Treatment sessions begin – determined by therapist and parents in the feedback

Possibilities:

Theraplay

Regulation and Sensory Activities

Play therapy

Experiential therapies for child or all the family