

## FORM FOR PARENTS OF ADOLESCENT CLIENTS

Psychotherapy with people of any age relies on the clients confidence that what is shared is private. While parents and guardians have the right to know general information about how their child is progressing frequent conversations between the therapist and parents can undermine the client therapist relationship. If your adolescent discloses anything to me that puts him or her or anyone else at risk of serious harm I will be contacting you promptly. I call parent child or family sessions to work through unresolved issues so difficulties your teen is having with you or other family members will become clear to you and have opportunity to be resolved. I typically inform your teen if I will be calling you. You may of course call me if a major concern arises and you fear your teen will not report it. I strongly advise you to inform your teen you have called me. I will use clinical judgment as to when I will disclose the concerns you have reported.

I am a family therapist and have a family systems perspective in working with your teen and the family. I use a variety of treatment modalities including EMDR therapy. I have found EMDR to be very effective. It is a rapid reprocessing technique that clears old triggers and allows for healthy new beliefs about self and life to be formed rapidly. I am happy to answer questions about this or any other treatment interventions I use.

Thank you,

Maureen McNeal M.A., L.I.C.S.W, L.M.F.T.

Signature\_\_\_\_\_

Date\_\_\_\_\_