

*Debra Kessler, Psy.D., R.N., M.N.*  
*(818) 248-6414*

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Client Name

**PARENT AUTHORIZATION FOR MINOR'S MENTAL HEALTH TREATMENT  
WITH SEPARATED OR DIVORCED PARENTS**

In order to authorize mental health treatment for your child, you must have either sole or joint legal custody of your child. If you are separated or divorced from the other parent of your child, please notify me immediately. I will ask you to provide me with a copy of the most recent custody decree that establishes custody rights of you and the other parent or otherwise demonstrates that you have that you have to authorize treatment for your child.

If you are separated or divorced from the other child's other parent, please be aware that it is my policy to notify the other parent that I am meeting with your child. I believe it is important that all parents have the right to know, unless there are truly exceptional circumstances, that their child is receiving mental health evaluation or treatment.

One risk of child therapy involves disagreements among parents and/or disagreements between parents and the therapist regarding the child's treatment. If such disagreements occur, I will strive to listen carefully so that I can understand your perspectives and fully explain my perspective. You can resolve such disagreements or we can agree to disagree, so long as this enables your child's therapeutic progress. Ultimately, parents decide whether therapy will continue. If either parent decides that therapy should end, I will honor that decision unless there are extraordinary circumstances. However, in most cases, I will as that you allow me the option of having few closing sessions with your child to appropriately end the treatment relationship.

***INDIVIDUAL PARENT/GUARDIAN COMMUNICATIONS WITH ME***

In the course of my treatment of your child, I may meet with the child's parent' guardians either separately or together. Please be aware, however, that at times, my patient is your child – not the parents/guardians nor any siblings or other family members of the child. If I meet with you or other family members in the course of your child's treatment, I will make notes of that meeting in your child's records. Please be aware that those notes will be available to any person or entity that has legal access to your child's treatment record.

***ADDITIONAL LIMITS ON CONFIDENTIALITY RELATED TO MINORS***

Confidentiality cannot be maintained when:

- Child patients tell me they plan to cause serious harm or death to themselves, and I believe they have the intent and ability to carry out this threat in the very near future. I must take steps to inform a parent or guardian or others of what the child has told me and how serious I believe this treat to be and to try to prevent the occurrence of such harm
  
- Child patients tell me they plan to cause serious harm or death to someone else, and I believe they have the intent and ability to carry out this threat in the very near future. In this situation, I must inform the person who is the target of the threatened harm [and the police].

- Child patients are doing things that could cause serious harm to them or someone else, even if they do not intend to harm them selves or another person. In these situations, I will need to use my professional judgment to decide whether a parent or guardian should be informed.
- Child patients tell me, or I otherwise learn that, it appears that a child is being neglected or abused—physically, sexually or emotionally—or that it appears that they have been neglected or abused in the past. In this situation, I may be required by law to report the alleged abuse to the appropriate state child-protective agency.
- I am ordered by a court to disclose information

While this written summary of exceptions to confidentiality should prove helpful in informing you about potential problems, it is important that we discuss any questions or concerns that you may have now or in the future. The laws governing confidentiality can be quite complex, and I am not an attorney. In situations where specific advice is required, formal legal advice may be needed.

### ***DISCLOSURE OF MINOR’S TREATMENT INFORMATION TO PARENTS***

When doing individual child therapy is most effective when a trusting relationship exists between the psychologist and the patient. Privacy is especially important in earning and keeping that trust. As a result, it is important for children to have a “zone of privacy” where children feel free to discuss personal matters without fear that their thoughts and feelings will be immediately communicated to their parents. This is particularly true for adolescents who are naturally developing a great sense of independence and autonomy.

It is my policy to provide you with general information about your child’s treatment, but NOT to share specific information your child has disclosed to me without your child’s agreement. This includes activities and behavior you would not approve of – or might be upset by – but that do not put your child at risk of serious and immediate harm. However, if your child’s risk-taking behavior becomes more serious, then I will need to use my professional judgment to decide whether your child is in serious and immediate danger or harm. If I feel that your child is in such danger, I will communicate this information to you.

*Example:* If your child tells me that he/she has tried alcohol at a few parties, I would keep this information confidential. If your child tells me that he/she is drinking and driving or is a passenger in a car with a driver who is drunk, I would not keep this information confidential from you. If your child tells me, or if I believe based on things I learn about your child, that your child is addicted to drugs or alcohol, I would not keep that information confidential

*Example:* If your child tells me that he/she is having voluntary, protected sex with a peer, I would keep this information confidential. If your child tells me that, on several occasions, the child has engaged in unprotected sex with strangers or in unsafe situations, I will not keep this information confidential.

You can always ask me questions about the types of information I have to disclose. You can ask in the form of “hypothetical situations” such as “if a child told you that he or she were doing \_\_\_\_\_, would you tell parents?”

Even when we have agreed to keep your child’s treatment information confidential from you, I may believe that it is important for you to know about a particular situation that is going on in your child’s life. In these situations, I will encourage your child to tell you, I may sometimes describe your child’s problems in general terms, without using specifics, in order to help you know how to be more helpful to your child.

***DISCLOSURE OF MINOR'S TREATMENT RECORDS TO PARENTS***

Although the laws of California may give parents the right to see any written records I keep about your child's treatment, by signing this agreement, you are agreeing that your child or teen should have a "one of privacy" in their meetings with me, and you agree not request access to your child's written treatment records.

***PARENT/GUARDIAN AGREEMENT NOT TO USE MINOR'S THERPAY INFORMATION/RECONDNS IN CUSTODY LITIGATION***

When a family is in conflict, particularly conflict due to parental separation or divorce, it is very difficulty for everyone, particularly for children. Although my responsibility to your child may require my helping to address conflicts between the child's parents, my role will be strictly limited to providing treatment to your child. You agree that in any child custody/visitation proceedings, neither of you will seek to subpoena my records or ask me to testify in court, whether in person or by affidavit, or to provide letters or documentation expressing my opinion about parental fitness or custody/visitation arrangements.

Please note that your agreement may not prevent a judge from requiring my testimony, even though I will not do so unless legally compelled. If I am requested to testify, I am ethically bound not to give my opinion about either parent's custody, visitation suitability, or fitness. If the court appoints a custody evaluator guardian ad litem, or parenting coordinator, I will provide information as needed, I appropriate releases are signed or a court order is provided, but I will not make any recommendations about the final decision(s). Furthermore, if I am required to appear as a witness or to otherwise perform work related to any legal matter, the party responsible for my participation agrees to reimbursement at the rate of \$500 per hour for time spent traveling, speaking with attorneys, reviewing and preparing documents, testifying, being in attendance, and any other case-related costs.

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*Specializing in children with emotional & developmental challenges*  
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*(818)248-6414*

**PARENT AUTHORIZATION FOR MINOR'S MENTAL HEATH TREATMENT  
WITH SEPARATED OR DIVORCED PARENTS**

**Parent/Guardian of Minor Patient**

Please initial after each line and sign below, indicated your agreement to respect your child's privacy:

I will refrain from requested detail information about individual therapy sessions with the child. I understand that I will be provided with periodic updates about general progress, and/or may ask to participate in therapy sessions as needed

\_\_\_\_\_ Parent 1                      \_\_\_\_\_ Parent 2

Although I may have the legal right to request written records/session notes since y child s a minor, I agree NOT to request these records in order to respect the confidentiality of my child's/adolescent/s treatment

\_\_\_\_\_ Parent 1                      \_\_\_\_\_ Parent 2

I understand that I will be informed about situations that could endanger my child. I know this decision to breach confidentiality in these circumstances is up to the therapist's professional judgment, unless otherwise noted above.

\_\_\_\_\_ Parent 1                      \_\_\_\_\_ Parent 2

*ACKNOWLEDGING SIGNATURES*

\_\_\_\_\_ Parent or Legal Guardian

\_\_\_\_\_ Date

\_\_\_\_\_ Therapist Signature Date

\_\_\_\_\_ Date