

Dear Parents,

At the READ Clinic we recognise the strain that can be placed on families, parents and children when parents are in the process of, or have completed separation, or have divorced. Assessment and therapy can be very helpful for children and parents adjusting to all the changes that can occur at these times.

Unfortunately, there are many times when therapy no longer provides a safe space for children but rather becomes another place for conflict to be maintained and where children are caught between two parents who can't agree on what the children need or require.

To ensure your child's time at the READ Clinic does not become an extension of other conflict, we have developed the following document that requires signing by both parents in order that we are sure that attendance is focused on the emotional health and safety of your children.

We, the parents of _____ (referred child's name here) agree on the following:

1. That the READ Clinic will only be in contact with one parent who is to arrange appointments (scheduling, cancelling or confirming). It is then this nominated parents' responsibility to communicate these details to the other parent.
2. That one parent will pay for the sessions (no split payments are possible) on their debit/credit card (the details of which will be stored on our secure system). It is the parents' responsibility to work out any further arrangements for payments between them.
3. That there will only be a single line of communication with the therapist as follows:
 - ALL correspondence must include both parents. Any emails that do not copy in the other parent will not be read by the therapist.
 - ALL correspondence from the therapist will also be sent to both parents.
4. That often, the best outcomes are achieved when both parents attend therapy sessions or an assessment with their child. It may be a requirement, from the Therapist your child is seeing, that both parents attend sessions.
5. That ALL correspondence that is provided (regardless of which parent has sent it) to the therapist, or that the therapist provides to the parents, that is outside the allocated sessions will be charged to the nominated credit card in time intervals of 6 minute blocks at the rate of the normal sessional charge.
6. That the document "Divorce Rules" (attached to this email) will act as a point of reference for the parenting behaviours recommended by the READ Clinic and that both parents have read these rules and agree to adhere to them as far as practically possible.
7. That the purpose of the sessions is largely for assisting their child(ren) navigate the impact of the parental separation and not for the sole purpose of providing parenting advice. If extensive parenting advice is required, it must be booked under the parents' name and conducted by another therapist to avoid a conflict of interest and to ensure the appropriate focus to the child's emotional wellbeing is provided in each session.
8. Note: that for children booked in for an educational/intelligence or other form of assessment, that by signing below it ensures consent for both parties to the assessment only and that further discussion and consent for treatment would need to be formally agreed to by way of signing a second document.

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9. That consent for their child(ren) to attend the READ Clinic can be withdrawn by either parent at any time and that once this withdrawal is received in writing (for the purpose of keeping this information on file) that all sessions at the READ Clinic will cease until the consent of both parents is reinstated.
10. That failure to adhere to these procedures by either parent may result in an immediate cessation of treatment at the READ Clinic.
11. An additional charge of \$200 per hour is required for any court order document.
12. An attachment in writing is required to indicate if a parent is absent or disengaged from the child.

Name of (1) parent who will be authorised to book appointments, have their credit/debit card, and Medicare claimant details on file:

Signed:

Parent 1: _____

Parent 2: _____

Printed Name: _____

Printed Name: _____

Date: _____

Date: _____

*****One copy of this policy must be signed by both parents and sent to support@thereadclinic.com
We will not accept separately signed policies for the same child*****

Attachment. Divorce Rules for Co-parenting and keeping children emotionally grounded

DIVORCE RULES

Dear Mum and Dad, I'm just a kid, so please.....

1. Do not talk badly about my other parent. *This makes me feel torn apart! It also makes me feel bad about my self!*
2. Do not talk badly about my other parent's friends or relatives. *Let me care for someone even if you don't.*
3. Do not talk about the "divorce" or other grown up stuff. *This makes me feel sick. Please leave me out of it!*
4. Do not talk about child support. *This makes me feel guilty or like I'm a possession instead of your kid.*
5. Do not make me feel bad when I enjoy my time with my other parent. *This makes me afraid to tell you things.*
6. Do not block my visits or prevent me from speaking to my other parent on the phone. *This makes me very upset.*
7. Do not interrupt my time with my parent by calling too much or by planning activities during our time together.
8. Do not argue in front of me or on the phone when I can hear you. *This just turns my stomach inside out!*
9. Do not ask me to spy for you when I am at my other parent's home. *This makes me feel disloyal and dishonest!*
10. Do not ask me to keep secrets from my other parent. *Secrets make me feel anxious!*
11. Do not ask me questions about my other parent's life or about our time together. *This makes me uncomfortable. So just let me tell you.*
12. Do not give me verbal messages to deliver to my other parent. I end up feeling real anxious about their reaction. *So please just call them, leave them a message at work or put a note into the mail.*
13. Do not send written messages with me or place them into my bag. *This makes me uncomfortable.*
14. Do not blame my other parent for the divorce or for things that go wrong in your life. *This really feels terrible! I end up wanting to defend them from your attack. Some times it makes me feel sorry for you and that makes me want to protect you. I just want to be a kid, so please, please.....stop putting me into the middle!*
15. Do let me take items to my other home as long as I can carry them back and forth. *Otherwise it feels like you are treating me like a possession,*
16. Do realize that I have two homes not just one. *It doesn't matter how much time I spend there.*
17. Do not treat me like an adult, it causes way too much stress for me. *Please find a friend or therapist to talk with.*
18. Do not ignore my other parent or sit on opposite sides of the room during my school or sports activities. *This makes me very sad. Please act like parents and be friendly, even if it just for me.*
19. Do not use guilt to pressure me to love you more. *This makes me feel torn in half.*
20. Do let me love both of you and see each of you as much as possible! Be flexible even when it is not part of our regular schedule.