

DEBRA L. JEDEIKIN M.A., LMFT, RPT
 LICENSED MARRIAGE AND FAMILY THERAPIST (MFC # 40477)
 REGISTERED PLAY THERAPIST
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Information and Consent for Consultation Form

Welcome!

This form will answer most of your questions about consulting services at my office. Please feel free to ask for clarification or additional information at your initial visit.

I am a Licensed Marital and Family Therapist and an Early Childhood Specialist with 20 years experience in both private practice and in non-profit agency work. I have worked with the very young, with elementary school aged and with adolescent children.

Psychotherapy helps children in a variety of ways. They receive emotional support, learn how to resolve conflicts with people, learn to understand their feelings and why they behave in certain ways. They can also find solutions to problems they are experiencing. Goals for therapy may be specific (changes in behavior, improved relations with friends or family, improved study habits and organizational skills), or more general (less anxiety, improved confidence and self-esteem). The length of psychotherapy depends on the complexity and severity of problems.

Play Therapy: Geared toward young children, this technique uses a variety of activities such as artwork, play and puppets, story telling, board games and more in order to establish communication with the therapist and then resolve problems. Play allows the child to express and work through emotions and problems. It is a medium for learning new skills and behaviors. Adolescents utilize talking with the therapist, games and problem solving exercises in order to develop social and stress management skills.

I use sand tray therapy with both children and adolescents who utilize this medium to work symbolically through their difficult feelings/experiences.

Parenting Education:

Parent coaching assists parents with every day dilemmas related to raising children including: Encouraging respect/ creating a Peaceful family How to handle children's fears/Setting boundaries and limits/ Positive peaceful parenting

Ways to talk so children will listen/Anger management in children and parents

"Happy Home" program which allows each family to set their own standards for a harmonious home environment.

Co-parenting programs for children of divorced parents who live in 2 homes.

Changing Family program which helps children adjust in cases of divorce and bereavement.

Confidentiality: By law and professional ethics, your and your child's consultations with me are strictly confidential. As your child is a minor I shall discuss with you what emerges in the therapy as and when I believe it will help with the treatment. I use a family systems approach in order to understand your child's behavior in the context of family dynamics and in order to find solutions. Generally, no information will be shared with anyone without your written permission.

There are however, some exceptions to this confidentiality policy.

If I am ordered by the court to testify or release records.

If I believe that your child is a victim or perpetrator of child abuse I am required by law to report

this to the authorities responsible for investigating child abuse.

Fees: My basic fee is \$150.00 for a 45 minute session. Please see attached rate form for other fees. You are expected to pay at the beginning of each session. Some medical insurance companies will reimburse some of the fee.

Cancellations: You will be charged for all appointments cancelled with less than 24 full hours notice. You may call my answering service 24 hours a day, seven days a week to cancel an appointment. Periodically I will have to reschedule sessions due to mandatory court appearances. If you are unable to make it to the office, I can arrange to consult with you over the telephone. A telephone consultation is charged at the same rate as an office session.

After Hours Emergencies: I am not available after my usual business hours for emergencies

I do check my messages during weekdays between 9:00 AM and 6:00 PM. Leave a message on my answering machine (858- 342 6200) and I will call you back as soon as I retrieve the message.

Please sign this form and keep a copy for yourself for future reference. Should you have any questions at any time, please ask.

This is to certify that I give permission to Debra L. Jedeikin M.A. LMFT to treat our child/children. This treatment may include interventions in the school setting and/or consulting with teachers **with your permission**, individual play psychotherapy and/or family counseling.

California State law mandates the reporting of certain types of child abuse, including physical abuse, sexual abuse, unlawful sexual intercourse, neglect, emotional and psychological abuse. All actual or suspected acts of child abuse will need to be reported to the appropriate agency.

I/we have read, understand and agree to the information and policies described in this information form.

Minor's Name _____ Date of Birth _____

Signature of Parent/ Legal Guardian: _____

Date: _____

Printed Name of Parent/ Legal Guardian: _____

Signature of Second Parent _____

Date: _____

Printed Name of Second Parent: _____