Julie Maccarin, PhD, OT/L

**CHILD PSYCHOLOGY MARIN**

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ADDENDUM TO INFORMED CONSENT FOR TREATMENT

Information For Parents Who Are Separated or Divorced

I want to clarify my role as your child’s therapist and provide you with some recommendations about parenting in situations where parents are separated, divorcing or divorced.

My job, as your child’s therapist is to help your child express and process his or her thoughts and feelings, develop self regulation skills, and be able to express needs and feelings appropriately, while adjusting to and living with parental discord or conflict and changing or various family living situations, so that she or he can heal and continue to grow into a healthy individual. In addition, my job is also to provide parenting guidance and recommendations as it relates to your child’s well being during this process. I make every effort to be unbiased and fair with both parents with the goal of helping the child to have positive and healthy relationships with all family members. I strongly believe that the way parents cope in this situation and beyond, with each other and with their child, is the most important factor in determining the long-term outcome for their child’s mental health and well-being.

As stated, in my main Informed Consent for Treatment document, I generally do not communicate by email except for scheduling, in order to comply with HIPAA regulations. If you do communicate with me by email about anything other than scheduling, signing this document acknowledges that you understand that your communication could be intercepted or otherwise may not comply with HIPAA standards. Also, if you do communicate with me via email about anything other than scheduling, please include the other parent. You can always leave messages on my office voice mail, which is confidential, although I may not receive your message until the following day. Please be aware that I do not guarantee that I can keep secrets, so if you share something with me, I may discuss it with the other parent.

In cases of high conflict divorce, including any situation in which a court is involved in making decisions about custody, there is a $40 surcharge per session, in addition to my regular fees. Also, other than brief conversations lasting 10 minutes or less, my regular hourly fee will be charged; prorated in 15-minute increments. The same applies to the time I spend consulting with other professionals on your behalf or reading emails.

I also want to clarify that in my role, I do not make custody recommendations or do any kind of investigation and I do not permit any recordings to be made of sessions, phone conversations, or any other communication. If a session or communication is recorded without my permission, by signing this document you agree that that recording will not be used in any current or future legal action and that I may terminate treatment due to your non-compliance. If I have reason to believe that a child has been harmed or is in danger, I do have a legal and ethical mandate to report it to the appropriate bodies and I will do so.

Please be sure that I always have the most recent legal documents pertaining to your child’s custody agreement and be sure to inform me if there are changes in visitation, living situation or other important matters pertaining to your child.

I have read all of the information in the document ADDENDUM TO INFORMED CONSENT FOR TREATMENT and I agree to abide by the terms stated herein. *This “*INFORMED CONSENT FOR TREATMENT” *will expire on termination of treatment .*

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Child’s Name Your name (please print) Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your Signature

Julie Maccarin, PhD, OT/L

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THIS PAGE AND THE NEXT ARE FOR YOU TO KEEP!

Children’s Bill of Rights in Divorce

By Robert Emery, Ph.D. professor of Psychology and Director of the Center for Children, Families, and the Law at the University of Virginia

1. The right to love and be loved by both of your parents without feeling guilt or disapproval.
2. The right to be protected from your parents’ anger with each other.
3. The right to be kept out of the middle of your parents’ conflict, including the right not to pick sides, carry messages, or hear complaints about the other parent.
4. The right not to have to choose one of your parents over the other.
5. The right not to have to be responsible for the burden of either of your parents’ emotional problems.
6. The right to know well in advance about important changes that will affect your life; for example, when one of your parents is going to move or get remarried.
7. The right to reasonable financial support during your childhood and through your college years.
8. The right to have feelings, to express your feelings, and to have both parents listen to how you feel.
9. The right to have a life that is a close as possible to what it would have been if your parents stayed together.
10. The right to be a kid.

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TEN THINGS KIDS OF DIVORCE WISH THEY COULD SAY TO THEIR PARENTS

[By: Tammy Daughtry](http://www.imom.com/contributor/tammy-daughtry/), MMFT

1. Don’t say mean things about my other parent – I want and need to love you both!
2. When you criticize my other parent it makes me angry at YOU!
3. Don’t make me pick who I want to spend time with – it’s not fair. Don’t keep track of my time like I’m on the clock. It can’t always be 100 percent fair.
4. Handle your financial conversations in private. I don’t want to hear about it and I don’t want to be your messenger.
5. Don’t use money to win my love. Be a stable and loving parent and I will love you no matter who has the “most” money.
6. Don’t keep me from seeing the other parent. If you do, I’ll grow up and resent you.
7. Get a counselor to help you with your problems. [I need you to be strong and stable for my well-being.](http://www.imom.com/helping-your-kids-handle-divorce/#.Vg62ZosmTlI) I don’t want to hear about your dating or your problems at work or how much we are struggling financially. Talk to someone else. I need you to be my parent and mentor and lead me in the way you want me to grow up. Don’t make me be YOUR parent.
8. The harder you make it on my other parent, the harder you are making it on me.
9. Laugh and smile. I want to enjoy my life, and your mood impacts my mood. Find a way to be happy and enjoy your life. I need to have fun and make enjoyable memories with you.

10. Don’t forget that I have a divided heart now and I live between two completely different houses, rules, traditions, and attitudes. Be patient with me when I forget things or need some time to adjust from house to house. Please buy me enough stuff that I don’t have to live out of a suitcase my whole life. If you want me to feel “at home” in both places, please set up a full home for me, even if I am only there a few days a month. Things like toothbrushes, shoes, clothes, my favorite cereal, and having cool décor in my room. These all help me feel welcome and at home in both homes. *Don’t*compete or argue about these things. Just help me not have to feel like a visitor when I am with either parent. Make it as easy on ME as possible!