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PSYCHOTHERAPY/TREATMENT CONSENT

Date: _____

Child's Name: _____ DOB: _____

Mother's Name: _____ DOB: _____

Father's Name: _____ DOB: _____

& Including: _____ DOB: _____

_____ DOB: _____

_____ DOB: _____

Current custody/decision making:

Joint Sole with _____

Visitation plans: None

Supervised

Unsupervised

Overnights

Parental consent, support and understanding are an important part of a child's mental health treatment. Children in separating or divorced families often struggle with feelings of loss and sadness, anger, and loyalty. One therapeutic goal is to improve your child(ren)'s adjustment and coping by helping them to express these feelings in a healthy manner in both households. Each child should be able to express affection towards, and frustration with both parents and in each home. Therefore, having both parents' support and involvement in therapy contributes significantly to a positive outcome for the child and family.

Ideally, this involves both parents alternating turns in bringing the child in for appointments, for either individual or family therapy. If this is not possible or one parent does not wish to participate or have any concerns about their child(ren), then having both parents' consent for treatment is still important in giving your child(ren) "permission" to attend and benefit from therapy.

Family therapy will focus on the child(ren)'s relationship with the parent (s) present in the session with them. Each parent is responsible for helping their child(ren) adjust to the divorce and transitions between homes. Therapy can be stressful and bring up difficult emotions or memories. These are part of the treatment process and I encourage you to discuss them with me.

