

Parenting 2000 Therapeutic Services

Counselling contract for parents/carers of children and young people who are being seen by a Trainee CBT (Cognitive Behavioural Therapy) therapist

The following is an agreement between the counsellor/therapist, Parenting 2000 and the parent/carer of a child/young person client.

Tell me more about the appointments

- Your child has been allocated a minimum block of **12 appointments** after their 2 assessments. Only in exceptional circumstances will your child be offered more than their allocated appointments – this is at Parenting 2000's discretion.
- Any **missed appointments without notification (DNAs) and/or late cancellations** will come out of the allocated sessions. If you wish to reschedule your child's appointment, we would expect you to contact us at least 24 hours before the appointment to keep your treatment open.
- **2 missed appointments without notification and/or last minute cancellations** will result in your child's treatment being ended, no more appointments will be offered and they will be discharged from the service. If your child is discharged from the service at any point, they may be re-referred to re-join the waiting list.
- Each session lasts **60 minutes**. Attending all the sessions will provide the most benefit for your child from therapy.
- Please **arrive on time**. If your child arrives late for their appointment by 15 minutes or more, your trainee CBT therapist reserves the right to treat the session as a late cancellation. It is important to notify us as soon as you are aware of any potential delays. Late cancellations (less than 24 hours) will count as a session within the allocated appointments.
- If your child cannot attend an appointment please phone the office as soon as you can, preferably **giving at least 24 hours notice**.
- For face to face, in person appointments, the child/young person will have to be **collected by an agreed person**, unless you sign here to say that they will be allowed to leave the office building on their own: _____

Tell me about confidentiality

- All therapy sessions are held in the **strictest confidence**. Your child's trainee CBT therapist will explain how this works with your child/young person's sessions. Our therapists cannot share information on the content of sessions, without your child's explicit permission, also this may apply to sharing appointment times with parents.
- During any sessions where you are present, you, as the adult, are **covered by the same confidentiality agreement as the child/young person**. The trainee CBT therapist would not be able to keep to themselves any information regarding serious harm to yourself and others or involvement in serious crime, eg. child abuse, terrorism or money laundering, drug trafficking or Female Genital Mutilation (FGM).
- Each month the trainee CBT therapist has clinical **supervision** to discuss cases; this is normal in therapy and is to make sure that the trainee CBT therapist is providing a good level of support. The discussion will be done without using client names. The counsellor/therapist may also need to speak with members of their team regarding clients.

How does CBT (Cognitive Behavioural Therapy) work?

- What your child thinks and does affects the way they feel, so if they are low or anxious about something, the trainee CBT therapist will help them to think and act differently to help your child feel better.
- Your child will only get the maximum benefit from therapy if sessions are attended regularly with minimal disruption.
- For more information, please read through the "What is CBT?" flyer that was given to you at the time of this contract.
- Your child will be required to complete some brief questionnaires at each session. This is essential for us to monitor your child's progress towards recovery, to ensure we are providing the right treatment for your child and for our service to evaluate its clinical effectiveness.

Can you tell me about the trainee CBT therapist?

- The trainee CBT therapist is a member of **a professional body for counsellors**. They will abide by the ethical framework, which guides them in how to provide a good service to their clients.
- **All our therapists** undergo a Disclosure and Barring Service (**DBS**) check.
- The trainee CBT therapist is here to help your child/young person but cannot be a friend to them or to you, therefore they cannot accept **friend requests on social media**.
- Please do not email/phone the trainee CBT therapist between sessions.
- We are here to support you, but in a crisis please contact:
 - CAMHS Crisis Line to speak directly to a mental health practitioner on 0808 196 3550 or 0151 293 3577 (for children, families or professionals).
 - Childline on 0800 11 11
 - The Samaritans on 116 123

How is my children's information stored, shared and processed?

- All personal information held by Parenting 2000 is kept safe and secure.
- When we provide you a service(s), we will share your record with the people providing you with a service or checking the quality of your service.
- Parenting 200 work in partnership in Sefton with other professional psychological therapeutic service organisations to provide an "Improving Access to children's and young people's Psychological Therapies" (IAPT) service in the borough.
- Client records from Parenting 2000 and the IAPT Partners are digitally store and shared on a secure single cloud database system. Staff and professionals who can access your record are bound by the strictest, confidential protocols.
- Anonymised reports are created and sent encrypted and confidentially to NHS Digital for analysis and national reporting.
- Existing and potential funders often ask us to provide them with case studies to highlight the work we are delivering. This is always anonymised meaning your child/young person is not identifiable in any way.
[] Please tick here (or let us know if accepting this contract electronically) if you would prefer us not to consider their time with us for a case study.
- Our privacy policy can be viewed online at www.parenting2000.org.uk/documents/policies-and-procedures/

What if I have any queries?

- We make every effort to provide the best service we can. If you have any concerns, our Therapeutic Services admin team can help you.

End of contract

By signing here you are agreeing to the terms as outlined above.

	Client's Parent/Carer	Trainee CBT Therapist
Name		
Signature		
Date		

Counsellor/therapist:

Please sign two copies, one to be kept in the client's file and one to be kept by the client's parent/carer.