

# Parenting 2000 Therapeutic Services

## Counselling contract for parents/carers of children and young people who are being seen by a trainee play therapist

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

### Tell me more about the appointments

- Please **arrive on time**.
- If your child cannot attend an appointment please phone the office as soon as you can, preferably **giving at least 24 hours notice**.
- **2 missed appointments without notification (DNAs) and/or last minute cancellations** will result in the 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 again.
- Children benefit from receiving a **minimum of 12 sessions** of play therapy. This can vary depending on your child's needs and progress. Each session will last **40 minutes** – attending all of 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 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.
- 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 counselling sessions are held in the **strictest confidence**. Your child's trainee play 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. Please refer to our confidentiality policy for Therapeutic Services.
- The trainee play therapist would not be able to keep to themselves any information regarding serious harm to your child and others, or involvement in serious crime, eg. child abuse, terrorism or money laundering, drug trafficking or Female Genital Mutilation (FGM).
- The trainee play therapist will have regular clinical supervision to discuss cases; this is normal in counselling/therapy and is to make sure that the practitioner is providing a good level of support. The trainee play therapist may also need to speak with members of their team regarding clients.

### How does therapeutic play work?

- The trainee play therapist will use an **integrative holistic approach** to play therapy and they can explain to you a bit more about what this means.
- Your child will only get the maximum benefit from play therapy if sessions are attended regularly with minimal disruption.

### Can you tell me about the trainee therapeutic play practitioner?

- The trainee play therapist is a student and is working on a clinical placement to accrue hours to become a qualified play therapist. They are a student member of Play Therapy UK (PTUK) – a professional body for play therapists. The trainee will abide by the ethical framework of PTUK, which guides them in how to provide a good service to their clients.
- The trainee play therapist has undergone a Disclosure and Barring Service (**DBS**) check.

- The trainee play 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 play 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 2000 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/](http://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 play therapist
Name		
Signature		
Date		

### Trainee play 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.