

# Parent, Guardian, and Caregiver Engagement/Partnership Policy

## Jackson Ilyas Therapy Solutions Private Practice

Effective Date: January 1, 2023

Last Review Date: January 13, 2025

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### 1. Introduction

At **Jackson Ilyas Therapy Solutions Private Practice**, we recognize that the involvement of parents, guardians, and caregivers plays a critical role in the therapeutic process for children, adolescents, and young adults. We believe that collaboration between therapists and the family or support system helps foster growth, healing, and lasting change. This **Parent, Guardian, and Caregiver Engagement/Partnership Policy** aims to outline the expectations, responsibilities, and guidelines for involving parents, guardians, and caregivers in therapy while respecting client autonomy, confidentiality, and the therapeutic process.

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### 2. Purpose

The purpose of this policy is to ensure that **Jackson Ilyas Therapy Solutions Private Practice**:

- Promotes a collaborative approach between the therapist and the parent, guardian, or caregiver in supporting the client's well-being.
  - Clearly defines the roles and responsibilities of parents, guardians, and caregivers during therapy.
  - Sets boundaries to maintain confidentiality and respect the therapeutic relationship.
  - Establishes guidelines for sharing information, providing updates, and involving parents/guardians in the treatment process.
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### 3. Guiding Principles

We are committed to ensuring that parents, guardians, and caregivers are actively engaged in the therapy process in a manner that respects both the client's needs and the family's role. The following principles guide our approach:

#### a. Collaboration and Support

- We aim to foster a supportive and collaborative relationship between the therapist and family members, recognizing the important role that parents, guardians, and caregivers play in a client's healing journey.

- Parent/guardian involvement will be encouraged when it is in the best interest of the client and with the client's consent (when appropriate).
- The practice supports educating parents, guardians, and caregivers about therapeutic approaches and strategies to promote consistency and reinforce progress outside of therapy sessions.

#### **b. Respecting Client Autonomy**

- The client's autonomy, including their right to privacy and self-determination, will always be respected. Therapy is a process in which the client may choose what aspects of their personal experience they wish to share with their parent, guardian, or caregiver.
- When working with minors, the therapist will carefully balance the need for family involvement with the client's right to privacy. This includes establishing clear boundaries regarding what information can be shared and under what circumstances.

#### **c. Confidentiality and Boundaries**

- All therapeutic relationships are based on trust and confidentiality. While parents/guardians are encouraged to be involved, the therapist will adhere to ethical and legal guidelines regarding confidentiality, particularly concerning minors.
- Information shared by the client in therapy will only be disclosed to parents, guardians, or caregivers with the client's consent, unless there is a concern of imminent harm to the client or others, or as otherwise required by law.

#### **d. Providing Clear Communication**

- Clear, open, and respectful communication between the therapist and the parent/guardian/caregiver is vital for the success of therapy. The practice will ensure that all involved parties are appropriately informed about treatment goals, progress, and expectations, without violating the client's confidentiality.

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### **4. Parent/Guardian/Caregiver Roles and Responsibilities**

Parents, guardians, and caregivers are integral partners in supporting the client's progress in therapy. The following outlines their roles and responsibilities in the therapeutic process:

#### **a. Active Participation in Initial Intake and Assessment**

- Parents, guardians, or caregivers are encouraged to actively participate in the intake and assessment process to provide background information about the client's history, needs, and concerns. This collaborative process helps the therapist understand the broader context and goals for treatment.

#### **b. Supporting Therapy Goals and Treatment Plans**

- Parents, guardians, and caregivers should support the client's treatment goals and the therapist's recommendations. They will collaborate with the therapist on ways to integrate therapy techniques and strategies into everyday life at home, school, or in other settings.

#### **c. Consistent Involvement and Follow-up**

- Parents, guardians, and caregivers will attend scheduled family sessions, check-ins, and progress meetings when appropriate and as agreed upon by the therapist and the client.
- They will engage in regular follow-up with the therapist to discuss progress, concerns, and adjustments to the treatment plan.

#### **d. Providing a Safe and Supportive Environment**

- Parents, guardians, and caregivers will create a safe, supportive, and nurturing environment for the client, ensuring that any issues raised in therapy are addressed in a non-judgmental and compassionate manner.

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## **5. Therapist's Role and Responsibilities**

The therapist has a critical role in guiding and managing the therapeutic process. In addition to providing therapy to the client, the therapist will:

#### **a. Establish Clear Boundaries and Guidelines**

- The therapist will explain the parameters of confidentiality, including the limits of information that can be shared with parents, guardians, or caregivers, and the circumstances under which the therapist is obligated to disclose information.
- The therapist will help clarify the therapeutic goals and ensure that everyone is aligned on the treatment plan.

#### **b. Provide Feedback and Updates**

- The therapist will offer periodic feedback to parents, guardians, and caregivers, respecting the client's wishes and confidentiality. This may include discussing progress, challenges, and offering recommendations to enhance the therapeutic process at home or in other settings.
- The therapist may request family meetings or sessions if there are specific concerns about the client's well-being, behavior, or progress in therapy.

#### **c. Encourage Parent/Caregiver Involvement in Therapy**

- The therapist will work with the parent, guardian, or caregiver to encourage their participation in therapy when appropriate. This may include offering resources, tools, and techniques that can be used at home to reinforce therapeutic goals.
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## **6. Consent and Confidentiality**

### **a. Informed Consent for Involvement**

- Parents, guardians, and caregivers will be required to sign a consent form to confirm their agreement to participate in the therapeutic process, including their role in supporting treatment goals and attending sessions when appropriate.
- Minors and young adults will also be informed about the extent of their parents' involvement in therapy and must give assent or consent where applicable.

### **b. Confidentiality Limits**

- Information shared by the client in individual therapy will be kept confidential. However, information may be shared with parents, guardians, or caregivers only with the client's consent, unless there is a legal or ethical obligation to disclose, such as in cases of abuse or risk of harm.
  - If a minor client requests privacy in certain aspects of therapy, the therapist will balance the need for confidentiality with the parent or guardian's need for information.
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## **7. Addressing Conflicts or Concerns**

If conflicts arise between the client, parent, guardian, or caregiver about the therapeutic process or information shared, the therapist will facilitate a meeting to address the concerns respectfully and collaboratively. The therapist will work to mediate and find a resolution that supports the best interests of the client while maintaining ethical standards.

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## **8. Termination of Parental/Guardian Involvement**

In cases where a parent, guardian, or caregiver is no longer actively involved in therapy (for example, due to a change in family dynamics, such as separation or custody changes), the therapist will review the situation with the client and determine an appropriate course of action. The therapist will ensure that the client's therapy continues to meet their needs.

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## **9. Conclusion**

By fostering a collaborative relationship with parents, guardians, and caregivers, **Jackson Ilyas Therapy Solutions Private Practice** aims to create a supportive, effective, and holistic therapeutic process. This engagement is essential for the overall well-being of the client, especially for minors and young adults. Through transparent communication and respect for boundaries, we can work together to achieve positive therapeutic outcomes.

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### **Acknowledgment of Parent, Guardian, and Caregiver Engagement/Partnership Policy**

By signing below, the parent, guardian, or caregiver acknowledges that they have read, understood, and agree to the **Parent, Guardian, and Caregiver Engagement/Partnership Policy** for **Jackson Ilyas Therapy Solutions Private Practice**.

**Parent/Guardian/Caregiver's Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Therapist's Name:** \_\_\_\_\_

**Therapist's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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This policy ensures that the roles of parents, guardians, and caregivers are clearly defined, fostering a collaborative, respectful, and client-centered therapeutic process while maintaining ethical standards for confidentiality and autonomy.