

5. Parent/Child Therapy

Sometimes parents successfully establish positive post-separation parenting, but one or both parents experiences distress with their children. The causes of the children's distress could result from a variety of factors: changed living arrangements, the introduction of new partners, the developmental tasks of children, losses, a sense of being caught in the middle of parental differences. In these cases the program offers:

- Individual sessions for parents
- Individual sessions for children
- Joint sessions for the child and parents as needed

Costs are \$75 per hour for single therapist sessions and \$140 per hour for team therapist sessions.

6. Youth Treatment Program

A six session group for young adults ages 13 to 17 years which provides an opportunity to discuss the impact of separation, divorce and remarriage from their unique perspective.

Among the group topics are:

- Staying out of the middle and maintaining appropriate relationships with each parents
- Changing responsibilities and expectations
- Strategies for coping with parental conflict and for problems solving ongoing family transition issues.

Cost is \$200 per child for the 6 week group program.

Individual treatment for youth is also offered.

Confidentiality Policy

1. Your sessions are strictly confidential.
2. Information will not be shared with anyone without your written permission.
3. *Families in Transition Therapy Services* does not provide assessments or court reports.
4. *Families in Transition Therapy Services* is voluntary and meant to assist families in developing collaborative solutions to their joint child rearing tasks. Accordingly, parents working jointly in our program are asked to sign a confidentiality contract agreeing not to use information from the program in any possible legal proceedings. This policy protects the children from being caught in the middle and insures that all family members can feel the safety and openness required in the counseling process.

For a complete description of our confidentiality and legal exceptions please contact us.

Counseling Professionals

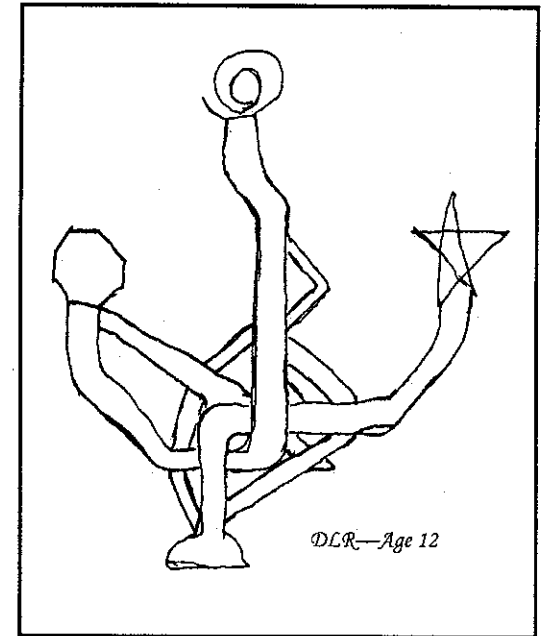
Cathy Hamilton, received her master's degree in counseling from the University of Victoria and is certified with the Canadian Counseling Association. She has been working with children and families since 1984 in both the school system and in private practice and is a member of the Canadian Association of Child and Play Therapy.

Lynne Pinterics is certified as a child psychotherapist and play therapist with the Canadian Association of Child and Play Therapy. She has been practicing child and family therapy since 1988 at Clinic and in private practice. From 1998 to 2004 she was the children's coordinator and the co-initiator of *Giving Children Hope: A program for Families of High Conflict Separation and Divorce.*

Steve Rauh received his master's degree in clinical social work from the University of California. Steve has worked with families in transition since 1993. From 1998 to 2004 Steve was the coordinator and co-initiator of *Giving Children Hope: A program for Families of High Conflict Separation and Divorce.*

Families in Transition Therapy Services

Specialized services for
separated families to
promote children's well being



Families in Transition
Counseling Professionals

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Therapeutic Services

The separation and divorce experience can be a significant long-term stressor. Parents are often burdened by their own practical and emotional issues and may not have the capacity to cope with or support their children's needs during the family transition. Yet the overriding challenge for parents is to minimize the impact of separation on children and prevent them from being "caught in the middle", thereby protecting them from risks to their well being.

Families in Transition Therapy Services provides a variety of programs to assist families through the separation process in ways that can promote their long term emotional health.

1. Intake Evaluation

All families are evaluated to determine which of our services best meets their need. For those families who would benefit from our program the *intake evaluation* serves as the initial phase of their work. Families who are not ready or not in need of our particular services will receive recommendations for alternative services. The intake evaluation schedule is:

- Therapist team meets for 1 1/2 hour meeting with each parent;
- Child therapist meets for 1 hour with each parent and child(ren);
- Therapist team meets for 1 hour follow up with each parent;*

*Fee range from \$425 + GST for each parent**

*It is sometimes necessary to extend the follow up meeting to two sessions for an additional cost of \$140 + GST.

2. Separated Family Therapy

Many families benefit when the children receive short term therapeutic support and the parents receive some short term assistance. The *separated family therapy* program is meant to help parents make the necessary adjustments to a bi-nuclear family that will prevent long term consequences for the children. This program may include:

- One or more individual sessions with each parent and the therapeutic team.
- Individual sessions with the children and child therapist.
- Sessions with each parent and the children.
- Joint parental sessions with the therapeutic team.

Costs are \$75 per hour for single therapist sessions and \$140 per hour for team therapist sessions.

3. Separated Parent Therapy

In some separated families the children do not need therapeutic support, but the parents would benefit from joint work. *Separated parent therapy* supports parents in establishing new child focused communication and parenting patterns, and, when necessary, helps parents understand how to better manage their conflict. For these families the program offers:

- Individual session with each parent separately and the therapeutic team.
- Individual and or joint parental sessions as needed.

Post assessment costs are \$140 per hour for team therapist sessions and \$75 per hour for single therapist sessions. Number and format of sessions are recommended at the conclusion of assessment.

4. Group Therapeutic Mediation for Families

Mediation for Families is designed especially for those families who have been in high conflict for over one year.

The Program Goals are:

- To serve as an alternative to expensive ongoing litigation.
- To provide families with tools to raise children in a positive post-separation environment, a benefit that is not available through the legal process.
- To offer specialized work for parents and children in group settings that provide support and education to the families in transition.
- To help former partners develop tools for healthy post-separation family parenting.
- To assist parents with their parenting plan or areas of conflict
- To help children cope with the losses and changes that accompany parental separation.
- To foster children's sense of well being in their changed circumstances.

The program consists of the following:

- Group assessment for family (described in #1 above)
- 8 children's group sessions facilitated by two children's therapists.
- 4 group sessions for parents without their former partners.
- 4 group sessions for parents with their former partners.
- 2 follow up sessions per parent with children.

Cost is \$2500 per parent.