

REQUISITES OF SERVICE

INTRODUCTION:

Play Therapy at Seeds of Grace

Play therapy is a very useful tool for a child. By creating this therapeutic relationship with your child, our goal is to:

- facilitate open and appropriate expression of all emotions.
- provide an emotionally neutral setting where your child can explore these feeling and emotions.
- children identify, understand, grow, heal, and learn strategies for handling whatever difficulty they may be experiencing.
- offer feedback and recommendations to the adults in the child's life to further help the child grow, heal, and develop into their best self.

However, the usefulness of this therapy may be limited when the session becomes another point of contention between caregiver and child or between caregivers. With this in mind, and in order to best help your child, we strongly encourage that all caregivers/guardians of the child mutually accept the following as requisites to participation in play therapy at Seeds of Grace.

Please read the following carefully. Your initials after each section show you affirm and accept each item.

Name of Child/Client: _____

Name of Person Completing this Form: _____

Phone: _____

Email: _____

I am the child's legal guardian?

☐ YES ☐ NO

If yes, please state your relationship to the child.

If no, please provide further details below.

REQUISITES OF SERVICE

COMMUNICATION:

Therapist Communication with Others:

At Seeds of Grace, it is the therapist's primary responsibility to respond to your child's social/emotional needs. In order to do this, the therapist will want to acquire as much background information about your child and their world. This includes, but is not limited to, information from all caregivers/guardians, teachers, medical professionals (GP), allied health team members, and other important members of your child's world. Together, you form an important team, supporting and nurturing your child.

By initialling below, I acknowledge and give permission for my child's play therapist to contact important members of my child's team, to provide the best possible care for my child, while maintaining and upholding strict confidentiality and privacy laws. I will be given an additional consent form where I can specify which members of my child's care team the therapist may contact, if any. I understand I can withdraw this consent at any time, by submitting my request in writing to Seeds of Grace. (NB: if court orders are in place, the therapist is legally bound by those orders regarding conversing and sharing information with other parties).

Initial below

Caregiver/Guardian Communication with Therapist:

Communication is vital to the success of a strong relationship between all parties associated with the child. We ask that all caregivers/guardians remain in frequent, open, honest, and non-judgmental communication with the therapist at Seeds of Grace, regarding this child's welfare and emotional well-being. Any change in routine, circumstances, schooling, NDIS, etc...should be communicated with the therapist as early as possible, to help the therapist prepare and understand the child's emotional state better. This communication can be via email, text message, or voice message. Even a written note handed to the therapist at the start of a session is better than nothing.

By initialling below, I acknowledge the importance of open, ongoing communication and dialogue with the therapy team at Seeds of Grace.

Initial Below

REQUISITES OF SERVICE

Communication with the child:

Children are smart and adept at recognizing subterfuge from adults. We often think we are helping by offering promises of treats or screen time to gain compliance. Instead, we are teaching children that their efforts, compliance, and even love, can be bought, a very negative and toxic trait to instill.

For this reason, please refrain from promises of treats (ice cream, ipad time, etc...) to entice your child to attend play therapy sessions. It is the therapist's job to create a relationship with your child that allows the child to look forward to their time in the play room. That relationship can take some time. If your child is resistant to attend, please let your therapist know ASAP. There are ways the therapist can help.

Also, therapy as punishment or consequence is not a helpful way to gain a child's trust or compliance. They are not broken; they don't need to be fixed. They need the unconditional support and validation your therapist can provide while walking with them as they grow and heal.

Please examine the language you use when speaking about play therapy and the therapist with your child. Your words should be reaffirming that the therapist is there to help yet should not be cajoling or criticising if your child is reluctant to attend. Brief, honest words of encouragement ("I will be right outside, and we can leave the door open." "You were able to stay in the room for 20 minutes last week. I know you can do 21 today.") can go a long way to showing you support this journey your child is undertaking.

Remember, they are going to be working through feelings and emotions that may be new and seem daunting; they need to know that no matter what, you are still there for them.

By initialling below, I acknowledge the importance of using positive, supportive and affirming language with my child when talking about play therapy and their therapist.

Initial Below

CONFIDENTIALITY

Please be advised on the following limits regarding confidentiality as it applies to minor children and play therapy:

- a. A strong and successful client/therapist relationship only works when the client understands that what they share in session can remain confidential. This is especially true for children. At Seeds of Grace, we acknowledge the importance a caregiver/guardian plays in the safety and health of their child. For that reason, the therapists at Seeds of Grace will provide carers/guardians with *general* updates

REQUISITES OF SERVICE

about their child's progress in therapy, but will be unable to give specific details or reports for each session. This includes any type of verbal update immediately following the session. As part of their time with your child each week, your child's therapist will send a quick update via email, letting you know of any concerns or challenges, successes and triumphs that occurred that week. In situations where the family is separated, this update will go to ALL carers/guardians involved in the child's life, unless specified via written request or as per court order.

- b. In the case of separation or divorce, any matter brought to the therapist's attention by either caregiver/guardian regarding the child may be revealed to the other carers. Matters that are brought to therapist's attention that are irrelevant of the child's welfare will be kept confidential. However, Seeds of Grace is not a mediator or able to evaluate custody issues. Parties engaged in custody disputes are strongly encouraged to seek alternative forms of negotiation and conflict resolution.
- c. **Therapists at Seeds of Grace are legally obligated to bring any concerns regarding the child's health and safety, and/or the health and safety of others, to the attention of the relevant authorities. When possible, if the need arises, therapists will advise all parties regarding the concerns.**

By initialling below, I acknowledge the importance privacy and confidentiality play in my child's progress and I support my child's therapist in maintaining these.

Initial Below

SESSIONS

1. Play can be messy. If your child has a session directly following release from school, please provide either a change of clothes, or an old t-shirt to be worn over the school uniform. The therapist takes no responsibility for paint and other play materials on children's clothing or footwear. Seeds of Grace cannot store change of clothes for your child, nor can Seeds of Grace provide a change of clothes if carers/guardians forget. The therapist will make every possible accommodation to avoid messy play, if given at least 24 hours' notice before the session occurs. Therapists take no responsibility for messy play if notification is given when the client arrives at the appointment.
2. The playroom is a very permissive environment. The limits in session may differ from what your boundaries and limits are at home. Please respect your child's right to engage in play in the therapy room which may seem offensive, aggressive, or "not

REQUISITES OF SERVICE

my way." The therapist will have a conversation with your child about the differences between home and therapy. Please contact the therapist if your child struggles to maintain these two expectations.

3. Therapy can be a slow process; it is vital to go at the child's pace. Therefore, it is impossible for Seeds of Grace or your therapist to provide an exact number of sessions your child may require. Regular reviews with the child, carers/guardians, and the therapist help everyone work as a team to do what is best for the child. Therapy can be stopped by the therapist, child, and/or carers/guardians at any time if its decided it's in the child's best interest. When termination or early endings are decided, **a minimum of 3 more sessions** will occur to bring closure to the therapeutic relationship and process and prepare the child for what comes next.
4. Late arrival up to 15 minutes can be accommodated but sessions will finish at the regularly scheduled time. For more information about session times, cancellations, and early departures, please see our Terms of Service (provided separately).
5. It is imperative that a caregiver/guardian remain on site or within a 5-minute driving distance from the clinic site during all therapy sessions. Failure to comply may result in your child being dropped from care. Occasionally a child may want or need to end a session early, or they may need a quick visual check-in to reduce their anxiety and continue the session. Staying close lets them know you care.
6. If the caregiver/guardian does leave the clinic premises, it is ESSENTIAL that they have their mobile phone turned on and, on their person, at all times. The therapist must be able to get in direct contact with the caregiver/guardian.
7. If the caregiver/guardian leaves the clinic premises, they should arrive back at the clinic **5 minutes** before the end of the session. The child will not be allowed to leave the clinic premises without a parent/guardian escorting them to the car. This is an insurance and liability policy, and we must enforce this safety measure.
8. Failure to arrive on time to pick up your child will incur an additional fee, to be invoiced at the per rata hour rate. The therapist is not a babysitter; please respect the time frame of the appointment, and most importantly, be present for your child when they are done with their therapy work. Seeing you waiting for them is the best thing they could see when they walk out of the playroom.
9. Therapists at Seeds of Grace cannot, legally, dispense any type of medication to your child.
10. Food is **not** permitted in the wait room or therapy room **at any time**.
11. Please advise the therapist of any allergies or intolerances. Occasionally, slime, play dough and other sensory goo is used during a session. The health and safety of your child is of paramount importance.

REQUISITES OF SERVICE

12. Water may be consumed in the wait room, and your child may bring a water bottle with a closable top into the therapy room; open cups are not permitted. Juice, soft drinks, energy drinks, or sports drinks will be handed back to the carer/guardian until after the session is complete. Seeds of Grace cannot supply water bottles or cups if children forget theirs.
13. Carers/guardians will be asked to assist with their non-toilet trained child if they need help toileting during a session. It is not in the therapist's scope of practice to assist the child in this manner. Please provide enough time to allow your child the opportunity to use the facilities BEFORE starting their session. Additionally, the therapist is not able to change nappies, provide nappy supplies, or changes of clothes for children who soil or wet themselves during a session. If you know your child is still learning to use the toilet, please come prepared with additional clothes.
14. Children will not receive stickers, lollies, or other external incentives from the therapist for attending their therapy session. Nor should they receive these from their caregivers/guardians.
15. Therapy can be hard work and often children need time to process the thoughts, feelings, emotions, and situations that were explored during a session. Carers/guardians are encouraged to provide their child time for processing; which includes avoiding a rapid barrage of questions immediately following a session (e.g. "So what did you do in play therapy today?" - BIG NO-NO!!!) Your therapist will supply you with information on talking about therapy with your child. Do not take it personally if you get non-answers. When in doubt, contact your child's therapist.
16. Clinical notes are a legal requirement that the therapist must write and maintain after each session. Therefore, the last 15 minutes of each session are set aside to allow for notes to be written and the general update email for carers/guardians to be drafted.

By initialling below, I acknowledge my responsibilities in arriving on time, providing appropriate clothing, staying on or close to the premises, and will follow my child's lead regarding their therapy.

Initial Below

Please return this signed form to your child's therapist at your earliest convenience. Thank you for being a support for them.