

# Family Team Procedure for Single Parent and Blended Families

(Family Team Members involved in determining most effective treatment.)

**1. Initially:** Parents go online to our “Family Counseling” web page. They click the link to watch the [Parent Information Session](#) video, which provides information about the basis of our treatment process. After watching the video, parents interested in requesting counseling services at our center can fill out the [Family Counseling Inquiry Form](#). Counselors Greg Curnutte and Mary Ring will receive this form and determine the next best step for the family situation—either to recommend a parent intake or provide a community referral.

**2. Scheduling:** When an administrative assistant receives instructions to do so, he/she will schedule a parent intake and provide parents with information to access the web portal and fill out all necessary forms to start the counseling process.

- \* **Divorce Decree:** If there is a divorce decree in place, this **needs to be brought to the intake interview** so the counseling center can be ethically and legally accountable in carrying out the stipulations of the decree for providing psychological services. Each biological parent involved in the child’s life will be considered for a parent intake individually with a counselor—the decree will determine who will be interviewed, as it is a legal document.

**3. Intake Interviews:** Parents (no children present) will come in for an intake interview with a family team therapist.

**4. Assessments:** Following the parent intake interviews, counselors will decide which assessments need to be administered. These assessments may include the following:

- **MIM**—Video-taped session of each parent with child.
- **NMT**—Neurodevelopmental assessment completed by Mary Ring and parents.
- **Family sessions** doing experiential activities guided by a therapist.

- \* **Parent Modules:** Parents are strongly encouraged to begin [parent modules](#) at this time. Parent modules specifically focused on single parenting and blended families are a part of our treatment process. Blended families go through specific stages when developing healthy family connections. We find that parents who participate in these modules **receive the most effective benefit** during treatment for their child. The goal is to always provide the most efficient and effective interaction for all in the family.

**5. Feedback Session with Parents:** After completing the assessments, parents will meet with a therapist to develop a treatment plan. After this session, treatment sessions will be scheduled.

**6. Treatment:** Sessions begin as determined by therapist and parents in the feedback session.

## Possible Treatments:

- Theraplay
- Regulation and Sensory Activities
- Experiential play therapies for child or the whole family
- Integrated Family Therapy Involving EMDR
- Possible Play Therapy (if determined to be the best approach for involved issues)